

Zion Lutheran Church – Hutchinson

In The Beginning
125th Anniversary
Cookbook



Common Substitutions



If you don't have:

1 c. cake flour	1 c. minus 2 T. all-purpose flour
1 T. cornstarch (for thickening)	2 T. all-purpose flour
1 tsp. baking powder	1/2 tsp. cream of tartar plus 1/4 tsp. baking soda
1 pkg. active dry yeast	1 cake compressed yeast
1 c. sugar	1 c. brown sugar OR 2 c. sifted powdered sugar
1/4 c. fine dry bread crumbs	3/4 c. soft bread crumbs OR 1/4 c. cracker crumbs
1 c. honey	1 1/4 c. sugar plus 1/4 cup water, heated to dissolve
1 c. corn syrup	1 c. sugar plus 1/4 c. water, heated to dissolve
1 sq. (1 oz.) unsweetened chocolate	3 T. unsweetened cocoa powder plus 1 T. butter
1 c. whipping cream, whipped	2 c. whipped dessert topping
1 c. buttermilk	1 T. lemon juice or vinegar plus enough whole milk to make 1 c. (let stand 5 minutes before using)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water
1 c. light cream	1 T. melted butter plus enough milk to make 1 c.
1 c. tomato sauce	1/3 c. tomato paste plus 1/2 c. water
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 sm. onion, chopped (1/3 c.)	1 tsp. onion powder OR 1 T. dried minced onion
1 tsp. dry mustard (in cooked mixtures)	1 T. prepared mustard
1 tsp. dried herbs	1 T. fresh herbs



Roasting Chart

Meats	Weight	Time	Temp.
Poultry			
Chicken (<i>whole</i>)	3 - 4 lbs.	1 1/4 - 1 1/2 hrs.	350°
	5 - 7 lbs.	2 - 2 1/4 hrs.	350°
Duck (<i>domestic</i>)	4 - 5 lbs.	1 1/4 - 1 3/4 hrs.	375°
Turkey (<i>unstuffed</i>)	12 - 18 lbs.	3 - 4 1/4 hrs.	325°
	19 - 24 lbs.	4 1/4 - 5 hrs.	325°
Pork			
Ham, fully cooked	7 - 8 lbs.	18 - 25 min./lb.	325°
(<i>bone in</i>)	14 - 16 lbs.	15 - 18 min./lb.	325°
Pork loin roast	2 - 5 lbs.	20 - 25 min./lb.	350°
Pork ribs	2 - 4 lbs.	1 1/2 - 2 hrs.	350°
Beef			
Beef, rib roast	4 - 8 lbs.	27 - 38 min./lb.	325°
(<i>bone in</i>)			
Eye round roast	2 - 3 lbs.	20 - 22 min./lb.	325°
Tenderloin (<i>whole</i>)	4 - 6 lbs.	45 - 60 min.	425°
Lamb			
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.	20 - 30 min./lb.	325°

Time is based on meat at room temperature before roasting.
Test doneness at shortest time.



Perfect Pasta

Pasta	Cook Time
Angel Hair	1 - 2 min.
Cannelloni	7 - 9 min.
Fettuccine	6 - 8 min.
Lasagna	10 - 12 min.
Linguine	6 - 8 min.
Macaroni	8 - 10 min.
Manicotti	7 - 9 min.
Pappardelle	6 - 8 min.
Ravioli	7 - 9 min.
Rigatoni	10 - 12 min.
Rotelle	8 - 10 min.
Rotini	8 - 10 min.
Spaghetti	10 - 12 min.
Tortellini	10 - 12 min.
Vermicelli	4 - 6 min.
Ziti	10 - 12 min.

Time may vary 1 - 2 minutes.
Test doneness at shortest time.

Soups, Salads & Sauces

sh < 1/4
T. = 3
4 T. = 1/2
1/2 T. = 1/2
8 T. = 1/2
1/2 T. = 1/2
2 T. = 1/2
1/2 T. = 1
up = 8
up = 1/2
ps = 1
ps = 1
its = 1
rts = 1
can = 1
can = 2
can = 2
can = 3
can = 7

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- 1 T. cornstarch (for thickening)
- 1 tsp. baking powder
- 1 pkg. active dry yeast
- 1 c. sugar
- 1/4 c. fine dry bread crumbs
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweetened chocolate
- 1 c. whipping cream, whipped
- 1 c. buttermilk
- 1 c. whole milk
- 1 c. light cream
- 1 c. tomato sauce
- 1 c. tomato juice
- 1 sm. onion, chopped (1/3 c.)
- 1 tsp. dry mustard (in cooking)
- 1 tsp. dried herbs

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	14 - 16 lbs.
Pork loin roast	2 - 5 lbs.
Pork ribs	2 - 4 lbs.
Beef	
Beef, rib roast (bone in)	4 - 8 lbs.
Eye round roast	2 - 3 lbs.
Tenderloin (whole)	4 - 6 lbs.
Lamb	
Lamb (leg, bone in)	5 - 9 lbs.

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Test doneness at shortest time.

This Cookbook Was Created To Celebrate The 125th Anniversary Of Zion Lutheran Church



One Hundred Twenty Five Years And Forward

"We dedicate this book to those who have gone before us. They left us a heritage of faith in God; of caring for others, of community spirit; of love for one another and of strength in our families.

We dedicate it also to the present generation and to those yet to come, that they may continue to love, share and nurture what we have been fortunate to harvest from past generations."

Acknowledgements:

BOOK COVER ARTWORK

Darren Liby
Masterpiece Studio and Gallery

DIVIDER PAGES

ZION'S YOUTH GROUP

SPECIAL COOKBOOK POEM

Harley Phillips

RECIPES

PROVIDED BY MEMBERS, FAMILY & FRIENDS
(PAST & PRESENT)

A SPECIAL THANK YOU TO THE
CONGREGATION OF ZION WITHOUT WHOSE
SUPPORT THIS PROJECT COULD NOT
HAVE BEEN REALIZED.

Norma Hartung, Ch.
Larry Sorensen
Teresa Sorensen
Christy Kilpatrick
Betty McConnell
Sachiko Liby
Nancy Prieb

Appetizers & Beverages

Freezer
(0° or lower)
2 weeks

6 months
6 months
2 months
9 months

12 months

3 months
8 months
1 year
1 year

Breakfast & Brunch

ivalent

sh < ¼ tsp.
T. = 3 tsp.
4 T. = ¼ cup
½ T. = ½ cup
8 T. = ½ cup
¼ T. = ¾ cup
2 T. = ¾ cup
6 T. = 1 cup
up = 8 fluid
up = ½ pint
ps = 1 pint
ps = 1 quart
ts = 1 quart
rts = 1 gallo
can = 1½ cup
can = 2 cups
can = 2½ cup
can = 3½ cup
can = 7 cups

Soups, Salads & Sauces

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If you don't have:

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- 1 T. cornstarch (for thicken
- 1 tsp. baking powder
- 1 pkg. active dry yeast
- 1 c. sugar
- 1/4 c. fine dry bread crumbs
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweetened
- 1 c. whipping cream, whip
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Pork

Ham, fully cooked	7 - 8 lbs.
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Pork loin roast	2 - 5 lbs.
Pork ribs	2 - 4 lbs.

Beef

Beef, rib roast	4 - 8 lbs.
(bone in)	
Eye round roast	2 - 3 lbs.
Tenderloin (whole)	4 - 6 lbs.

Lamb

Lamb (leg, bone in)	5 - 9 lbs.
---------------------	------------

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Test doneness at shortest time.

HISTORY OF ZION



Clinton Carter Hutchinson came to Reno County in 1871 and founded the town he named for himself. "The first sermon in Hutchinson was delivered just five scant months after Mr. Hutchinson staked out the town's boundaries." "The congregation met in the meat market because it was the town's biggest building." By 1872 Hutchinson was incorporated and the Railroad had come to town. Salt was discovered in 1887. By 1886 the Lutheran church in Kansas had 95 organizations with a total membership to 11,651.

In the fall of 1888, the General Synod sent the Rev. J. A. Lowe to begin work in Hutchinson. Property was purchased & services held in the Universalist Church. The church was organized on December 2nd, 1889 as the "First Lutheran Church of Hutchinson" but changed its name to "Zion's Lutheran Church" a month later. There were 23 charter members. "While the church was being built, services were held in the Y.M.C.A. rooms on Main Street. The cornerstone of the church was laid at First Avenue & Jefferson Street on Dec. 8th, 1889" at a cost of \$3,253. *(The Hutchinson News-1889— To-day the members of Zion's Lutheran church will lay the corner stone of their new church, which is to be built on Second Avenue west. The ceremonies are announced for 3 o'clock.)*

- 1888 - Formation of Church
- 1889 - Laid Cornerstone for First Church
- 1895 - Moved Church to Fifth & Main
- 1914 - Church Re-Model & Expansion
- 1918 - Purchased 11th & Washington Property
- 1922 - New Church Construction Begins
- 1923 - Dedication of New Church
- Depression Years - Church Foreclosure
- 1945 - Mortgage Burning
- 1968 - Alter Mosaic's Added
- 1977 - Bike Hostel Started
- 1981 - Carillons Installed
- 2002 - New Addition & Elevator Dedicated
- 2004 - New Sidewalks, Paved Parking
- 2005 - Drive Thru Canopy
- 2005 - Burning Of "New Addition" Mortgage
- 2005 - Sanctuary Upgrades
- 2007 - Began Refurbishing Stained Glass Windows



The founders of Zion were concerned with laying a lasting foundation for the church. There were several families of the English Lutheran faith who had moved to Hutchinson from Newville, Pennsylvania and also from the area of Waterville, Kansas. They hoped to establish a fellowship through which those people, who emigrated from foreign lands, might receive the Gospel.



"Much of the history of Zion's Congregation has been written only in the hearts of her members: their devotion to God, their sacrificial service, their vision for a spiritual heritage to be passed on to their children".... "Zion still stands as a living monument to the early pioneers and settlers, who were motivated by the love of Christ."

"May the remembrance of divine blessings in the past be a mighty incentive for greater zeal on the part of all members of Zion's Congregation?"

The "True Bread Of Life"

*Is Not Found In This Book
But For Wonderful Foods
Please Take A Look*

*Appetizers Come First
Then A Full Menu
Many Good Things
On Which One May Chew*

*When You Get To Desserts
Make Each One Twice
Take One To A Shut-In
That Would Really Be Nice*

*The Salads Or Breads
Main Dishes Or Soups
All Have Been Served
By Our Church Ladies Groups*

*Hope You Have Time
To Try One Each One
And Find Kitchen Experiments
Can Really Be Fun*

*Whatever You Pick
For Your Epicurean Delight
Taste Buds Will Dance
From Your Very First Bite*

Harley Phillips

Common S

If you don't have:

- 1 c. cake flour
- 1 T. cornstarch (for thick
- 1 tsp. baking powder
- 1 pkg. active dry yeast...
- 1 c. sugar
- 1/4 c. fine dry bread crur
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweetene
- 1 c. whipping cream, wh
- 1 c. buttermilk
- 1 c. whole milk
- 1 c. light cream
- 1 c. tomato sauce
- 1 c. tomato juice
- 1 sm. onion, chopped (1
- 1 tsp. dry mustard (in cc
- 1 tsp. dried herbs.....

Roasting Chart

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Poultry	
Chicken (<i>whole</i>)	3 – 4 lbs.
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Duck (<i>domestic</i>)	4 – 5 lbs.
Turkey (<i>unstuffed</i>)	12 – 18 lbs.
	19 – 24 lbs.
Pork	
Ham, fully cooked	7 – 8 lbs.
(<i>bone in</i>)	14 – 16 lbs.
Pork loin roast	2 – 5 lbs.
Pork ribs	2 – 4 lbs.
Beef	
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Eye round roast	2 – 3 lbs.
Tenderloin (<i>whole</i>)	4 – 6 lbs.
Lamb	
Lamb (<i>leg, bone in</i>)	5 – 9 lbs.

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Recipe Symbols

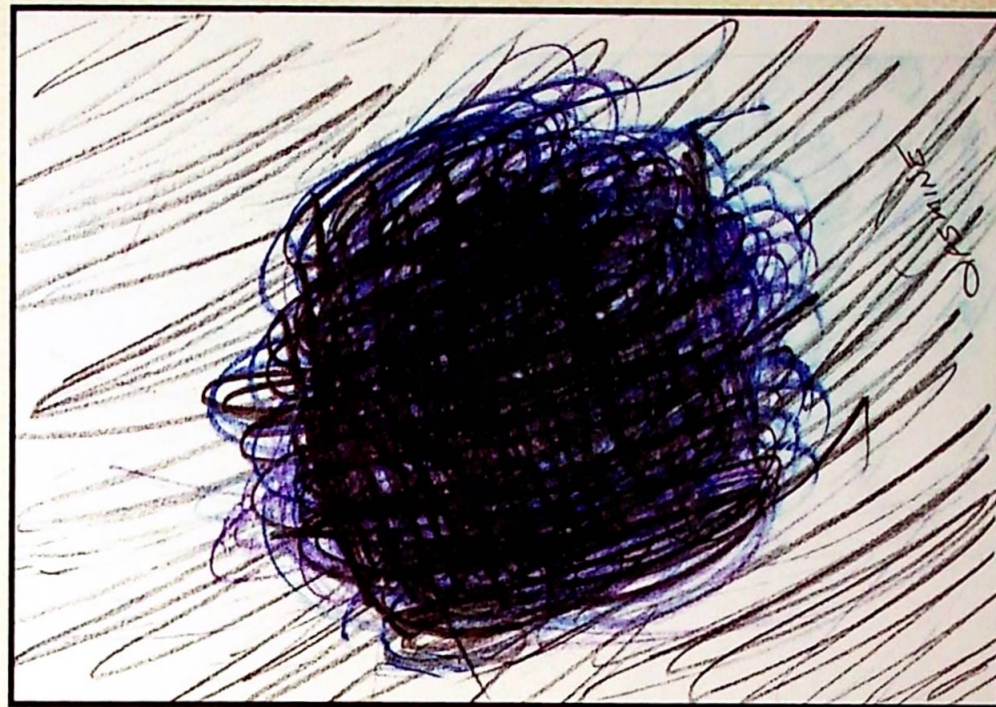
Heart Healthy ♥
Specialty ★
Slow Cooker 🍲
Freezes Well ❄️
Quick & Easy ⌚
International 🌍

Award Winning 🏆
Diabetic 🍷
In Memory 🌸
In Memory †
Holiday 🎄



Appetizers and Beverages

Appetizers & Beverages



Jasmine Seiberling, age 15

Common Substitutions

If you don't have

1 c. cake flour
1 T. cornstarch (for thickening)
1 tsp. baking powder
1 pkg. active dry yeast
1 c. sugar
1/4 c. fine dry bread crumbs
1 c. honey
1 c. corn syrup
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Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about 1/4 cup juice, while one orange yields about 1/3 cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think "outside the bowl." Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature – approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

Appetizers & Beverages

APPETIZERS

*B*AKED WATER CHESTNUTS

1 lb. lean bacon
1 C. catsup
 $\frac{1}{4}$ tsp. liquid smoke

2 - 8 oz. cans whole water
chestnuts, drained
1 C. brown sugar

Cut bacon strips in half, wrap around each chestnut until all the chestnuts are wrapped and secure with toothpicks to hold the bacon around them. Then put in large pan. I use a 9 x 13" cake pan. Bake uncovered at 350° for 30 minutes. Drain off all the grease you can. Then mix together the catsup, brown sugar and liquid smoke & pour over the cooked bacon wrapped water chestnuts. Return to oven for 30 more minutes. You can serve appetizers at get togethers. I keep mine in a crock pot on low at family gatherings to keep them hot.

Geanetta Renner

*C*HEESE AND SAUSAGE APPETIZERS

4 C. shredded Cheddar cheese
(room temperature)
2 sticks butter, softened
2 C. flour
 $\frac{1}{2}$ tsp. salt (omit if using seasoned
sausage)

$\frac{1}{2}$ tsp. pepper (omit if using
seasoned sausage)
8 oz. pork sausage, cooked and
drained

Combine cheese, butter, flour, salt and pepper. Beat on low speed. Stir in sausage. Form dough into 1" balls. Place on ungreased baking sheet. Bake at 400° for 15-20 minutes or until light brown. Serve warm or cold. Store in refrigerator or freezer. Makes about 5 dozen appetizers.

Norma Hartung

Common S

If you don't have

- 1 c. cake flour
- 1 T. cornstarch (for thick)
- 1 tsp. baking powder ..
- 1 pkg. active dry yeast
- 1 c. sugar
- 1/4 c. fine dry bread cr
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweeten
- 1 c. whipping cream, w
- 1 c. buttermilk.....
- 1 c. whole milk
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Lamb	
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.

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Tort doneness at shortest time.

DILL PICKLE SLICES

Deli ham (thinly sliced)
Cream cheese (softened)

Vlassic Whole Dill Pickles
(refrigerated kind)

Spread cream cheese on a deli slice of ham. Dry whole pickle off with a paper towel and wrap the ham and cheese around pickle. Place in a container and refrigerate until ready to serve. Slice pickle into 1/2" slices. Arrange on a tray.

Note: These are easy to do and very tasty. These can be prepared the day before your event. Even people who don't care for dill pickles will eat these.

Norma Hartung

SPINACH BALLS

2 pkg. (10 oz.) frozen chopped
spinach
3 cups croutons
6 eggs, beaten
3/4 cup butter, melted

1 Tbs pepper
1 tsp garlic salt
1 tsp thyme
3/4 cup parmesan cheese

Mix all ingredients together. Roll into 3/4 inch balls. (This will be messy.) Place on ungreased 10 x 15" cookie sheet--this size will hold all of them. Makes approximately 50 balls. Bake at 325° for 15-20 min. (For later use you may freeze, thaw and then bake.)

Mrs. Wayne (Ronnie) Buskirk

TORTILLA ROLL-UPS

2 bricks of softened cream cheese
1/4 cup onion, chopped fine
1 package of sandwich meat,
chopped fine (ham or beef is
preferred)

1 can chopped green chilies
Dash of season salt and black
pepper
Package of medium size flour
tortillas

Mix first 5 ingredients together. Spread on tortillas (clear to the edge). Roll up and fill the ends with additional mixture. Wrap in plastic wrap and put in the refrigerator over night. Take out when ready to serve and slice.

Robin West

VEGETABLE PIZZA †

1 - 2 pkg. crescent rolls

jelly roll pan

Spread crescent dinner rolls in jelly roll sealing all seams. Bake at 350° 7-8 minutes. Cool.

Filling

1 (8 oz.) pkg of cream cheese

¼ cup sour cream

⅓ cup mayonnaise/miracle whip

½ pkg. Hidden Valley ranch
dressing mix (dry)

Spread filling on cooled crust.

Toppings

broccoli

cauliflower

tomatoes-diced

shredded carrots

1 chopped green onion

shredded cheese

Break broccoli and cauliflower into small pieces. Press vegetables into filling. Sprinkle with shredded cheese. Refrigerate. Cut into squares for serving. The amount of vegetables to use is your choice.

Anita Fakes

Norma Hartung

WATER CHESTNUTS

5 cans of whole water chestnuts
soy sauce

1 pkg bacon (cut each strip into
¼th's)

Drain chestnuts in colander. Put in dish. Shake on soy sauce and stir so chestnuts soak up soy sauce. Take 1 chestnut and wrap ¼ piece of bacon around it - secure with a toothpick. Lay on cookie sheet. Cover with foil. Cook about 40 min. at 400°. The bacon will not be crisp. I then put them in a crockpot on low.

Note: You can make as many of these as you want. I sit down to make these. People love them - usually eat all you make. I have made up to 50 cans for an election party. Not one was left!

Thaylia Deck

Common S

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- 1 c. cake flour
- 1 T. cornstarch (for thick)
- 1 tsp. baking powder ..
- 1 pkg. active dry yeast
- 1 c. sugar
- 1/4 c. fine dry bread cr
- 1 c. honey
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Lamb	
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.

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CHEESE

CHEESE BALL

- 1 (8 oz.) pkg. Philadelphia cream cheese
- 3-4 oz.. dried beef
- 1/4 cup chopped black olives (1 small 4 oz. can)
- 1 tsp horseradish
- 1/2 tsp Worcestershire sauce
- 3-4 chopped green onions
- dash of salt

Have cream cheese at room temperature. Shred the dried beef and save 1/2 to wrap ball in. Mix cream cheese, olives, horseradish, Worcestershire sauce, onions, salt and half of the dried beef. Roll ball on wax paper and cover with dried beef. Store in wax paper in refrigerator.

Thaylia Deck

CHEESE BALL

- 16 oz. cream cheese
- 10 oz. shredded cheddar cheese
- 2 Cups ham (chopped)
- 1/2 cup onion (finely chopped)
- 1/2 cup sour cream

Mix all ingredients, reserving 1/2 cup ham. Make a ball and roll in the remaining chopped ham.

Note: Lisa brought this cheese ball to every Store Christmas party while working at Dillard's. Everyone loved it and requested the recipe and asked her to bring her special cheese ball. There was never any left over!

Lisa Gleason
Norma Hartung

Matthew 6:17-18 - But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

CHEESE BALL

8 oz. cream cheese
7 black olives (chopped)
4 green onions (chopped)

2 Tbs worcestershire sauce
1 jar dried beef (chopped)

Chop olives and green onions. Combine with cream cheese and worcestershire sauce. Form ball and roll in the chopped dried beef. Refrigerate until firm 1 to 2 hours. Serve at room temperature. Serve with Club crackers.

Thaylia Deck

CHEESY SAUSAGE BALLS

1 lb. sausage
2 C grated cheese

3 C. Bisquick mix

Mix all ingredients and form in 1" balls. Bake 10 to 15 minutes at 425°.

Norma Hartung

HORSERADISH-CHEDDAR CHEESE BALL

12 oz. extra-sharp cheddar cheese,
cut into 1 inch pieces
1 - 8 oz. package cream cheese
3 T. prepared hot horseradish

¼ tsp. cayenne pepper
1 C. pecans, shelled
crackers & bread sticks

Place cheddar cheese in a food processor; process until finely chopped. Add cream cheese, horseradish & cayenne pepper; process until smooth. Line a small bowl with two long sheets of plastic wrap. Spoon mixture into center, gather ends and twist together to form a ball. Chill for 30 minutes. Preheat oven to 375°. Spread pecans on a shallow baking sheet. Roast for 8-10 minutes. Let cool; coarsely chop. Unwrap cheese ball and pat nuts onto it. Serve with crackers and bread sticks.

Norma Hartung

Common S

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Pork ribs	2 – 4 lbs.
Beef	
Beef, rib roast (<i>bone in</i>)	4 – 8 lbs.
Eye round roast	2 – 3 lbs.
Tenderloin (<i>whole</i>)	4 – 6 lbs.
Lamb	
Lamb (<i>leg, bone in</i>)	5 – 9 lbs.

*Time is based on meat at room temper
 Test doneness at shortest time.*

PIMENTO CHEESE SPREAD †

1 lb. Velveeta Cheese
 8 oz. cream cheese
 1 Lg. can of pimento, undrained
 1 tsp. sugar, heaping

mayonnaise
 American or cheese of choice to
 taste, shredded

Beat all ingredients with a mixer, adding just enough mayonnaise to be spreadable.

Audra Mettscher
 Pat Phillips

PINEAPPLE CHEESE BALLS

2 (8 oz.) pkgs. cream cheese
 1 (8 oz.) can crushed pineapple
 (drained)
 2 Tbs. chopped onion

1 cup chopped green pepper
 1 Tbs. Lawry's seasoned salt
 chopped pecans

Cream ingredients together; make ball. Chill and roll in chopped pecans. Refrigerate and serve with snack crackers.

Norma Hartung

DIPS

BACON DIP ☺

6 slices of bacon, cooked and
 crumbled
 1-8 oz. carton sour cream
 2 tsp. prepared horseradish
 (optional)

1 tsp. Worcestershire sauce
 1 Tbs. dried onion (optional)

Combine all ingredients. Cover and chill at least 2 hours. Serve dip with chips. Also makes a delicious topping for baked potatoes.

Norma Hartung

BLT DIP

½ cup mayonnaise
½ cup sour cream
8 ounces thick-cut bacon

2 plum tomatoes
7 slices bread

Combine the mayonnaise and sour cream in a small bowl and refrigerate overnight. Cut the bacon into ¼ to ½ inch strips and place them in a sauté pan. Cook over medium heat, stirring occasionally for 15 minutes, or until crisp. Transfer to paper towels to drain. Cut the tomatoes in half and remove the seeds. Dice the tomatoes into ¼ to ½ inch pieces. Add the bacon and tomato to the mayonnaise mixture and stir well. Place the dip in a serving bowl and set in the center of a serving plate. Toast the bread, cut each slice into quarters, and arrange on the serving platter.

Note: It's best to refrigerate the mayo and sour cream over night but in a pinch an hour or 2 will do.

Jasmine Seiberling

EASY SPICY BEAN DIP

1 can refried beans
1 tsp. bacon grease
¼ tsp. vinegar
¼ tsp. salt
½ tsp. onion powder

¼ tsp. garlic powder
¼ tsp. Creole seasoning
¼ tsp. sugar
¼ tsp. paprika
½ finely chopped Jalapeño

Mix together all ingredients. If beans are too coarse, mash with a potato masher or blend in a food processor to desired consistency.

Note: If you have time, making this recipe from scratch is best. Soak a small bag of pinto beans for 24 hours. Bring to a boil & simmer until well done & breaking up. Mash to desired consistency. Use 2-3 cups & follow above recipe. Increase bacon grease to 1 Tbs. This was a family favorite on Friday & Saturday nights in the 1980's when our children were young.

Larry E Sorensen

Common S

If you don't have:

1 c. cake flour
 1 T. cornstarch (for thickening)
 1 tsp. baking powder
 1 pkg. active dry yeast
 1 c. sugar
 1/4 c. fine dry bread crumbs
 1 c. honey
 1 c. corn syrup
 1 sq. (1 oz.) unsweetened chocolate
 1 c. whipping cream, whipped
 1 c. buttermilk

1 c. whole milk
 1 c. light cream
 1 c. tomato sauce
 1 c. tomato juice
 1 sm. onion, chopped (1/2 c.)
 1 tsp. dry mustard (in c.)
 1 tsp. dried herbs

Roasting Chart

Meats	Weight
Poultry	
Chicken (<i>whole</i>)	3 - 4 lbs. 5 - 7 lbs.
Duck (<i>domestic</i>)	4 - 5 lbs.
Turkey (<i>unstuffed</i>)	12 - 18 lbs. 19 - 24 lbs.
Pork	
Ham, fully cooked (<i>bone in</i>)	7 - 8 lbs. 14 - 16 lbs.
Pork loin roast	2 - 5 lbs.
Pork ribs	2 - 4 lbs.
Beef	
Beef, rib roast (<i>bone in</i>)	4 - 8 lbs.
Eye round roast	2 - 3 lbs.
Tenderloin (<i>whole</i>)	4 - 6 lbs.
Lamb	
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.

*Time is based on meat at room temperature.
 Test doneness at shortest time.*

FRUIT DIP

2 C. Cool Whip
 1 (8 oz. pkg) cream cheese

3 Tbs brown sugar
 1/2 tsp. vanilla

Let cream cheese get to room temperature, then beat real good and add brown sugar. Beat until sugar is dissolved, then add Cool Whip and vanilla.

Norma Hartung

JALAPEÑO CUCUMBER DIP

7 medium cucumbers
 2 pkg. of cream cheese (room temp)
 Jalapeño's (in a jar - approx. 1/4 cup)

garlic salt (approx. 1 tsp.)
 Seasoned Salt (approx. 2 tsp.)
 Black Pepper

Peel, scoop out seeds and grate the cucumbers. Put them in a strainer and squish as much water out as you can. Dice the jalapeño's (as much as you like). Then mix together cream cheese, garlic salt, salt and pepper (to taste, but not too much as the chips are salty). Add cucumber, and jalapeño, mix well.

Note: I like it with plain potato chips the best, but you could use tortilla chips, crackers or whatever you like.

Robin West

PEANUT BUTTER DIP

1/2 cup vanilla yogurt
 1/2 cup peanut butter
 1/4 tsp ground cinnamon
 1/4 cup miniature semisweet chocolate chips

Apple wedges and miniature pretzels

In a small bowl, combine the yogurt, peanut butter and cinnamon. Stir in chocolate chips. Serve with apples and pretzels. Yield: 1 cup.

Norma Hartung

*P*EPPER ONION DIP †

1 cup sour cream
½ cup Miracle Whip
2 Tbs milk
1 pkg Good Season's ranch salad
dressing mix

1 tsp ground black pepper
1 cup green onions, chopped

Mix all ingredients except onion until well blended. Stir in onions. Refrigerate.

Pauline Cline
Thaylia Deck

*R*ASPBERRY - LEMON FRUIT DIP

½ cup raspberry cream cheese
spread (softened)
½ cup marshmallow cream

1 container (6 oz's.) lemon yogurt
Assorted fresh fruit pieces

Mix the cream cheese, marshmallow cream, and yogurt together. Serve dip with fresh fruit.

Betty McConnell

*S*PINACH DIP

1 loaf bread, unsliced
⅔ to 1 cup real mayo
1 sm. carton sour cream and onion
dip
⅓ pkg. frozen chopped spinach,
thawed and drained

½ cup dried onion
1 tsp Worcestershire sauce
1/2 to 1 tsp garlic salt
A little season salt

Mix all together. Use French, dark rye, or Swedish rye bread. Cut top off of bread. Scoop out all the bread to leave inside hollow. Pour spinach mix inside. Tear bread into pieces. Use bread from inside to dip with.

Katie Lee
Sandra Lee
Thaylia Deck

Common S

If you don't have:

- 1 c. cake flour
- 1 T. cornstarch (for thick)
- 1 tsp. baking powder ..
- 1 pkg. active dry yeast.
- 1 c. sugar
- 1/4 c. fine dry bread cr.
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweeten
- 1 c. whipping cream, wh
- 1 c. buttermilk
- 1 c. whole milk
- 1 c. light cream
- 1 c. tomato sauce
- 1 c. tomato juice
- 1 sm. onion, chopped (1
- 1 tsp. dry mustard (in co
- 1 tsp. dried herbs

Roasting Chart

Meats	Weight
Poultry	
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Eye round roast	2 - 3 lbs.
Tenderloin (<i>whole</i>)	4 - 6 lbs.
Lamb	
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.

Time is based on meat at room temper
Test doneness at shortest time.

TACO DIP

- 1 8 oz. pkg. cream cheese
- 1 10 oz. pkg. cheddar cheese
(shredded)
- 1 bunch green onions
- 1 8 oz. container cottage cheese
- 1 green bell pepper
- 1 can refried beans
- 1 pkg. taco seasoning
- 2 large tomatoes

Use a pizza pan or large platter with sides to hold everything on. Blend together with mixer or fork the cream cheese & cottage cheese. Spread beans evenly on bottom of pan, then add the cream cheese and cottage cheese mixture. Sprinkle taco seasoning over the top of the cheese mixture. Add chopped onions including tops, be sure to wash all the vegetables before chopping. Add chopped tomatoes & chopped green pepper. Then put the shredded cheddar cheese all over the top. Chill at least 1 hour and serve with your favorite chips.

Geanetta Renner

UGLY DIP I

- 2 cans Mexi-corn, drained
- 8 oz. sour cream
- 2 C. shredded cheddar cheese
- 1 can diced tomatoes with green
chilies
- 1 C. Mayo
- 1 bunch green onions, chopped

Mix well & chill. Makes a big batch.

Larry E Sorensen

UGLY DIP II

- 1 lg. can ripe olive
- 1 lg. can black olives
- 2 bunches green onions
- 1 - 7 oz. can green chilies
- 6 T. olive oil
- 3 T. vinegar
- 2 tsp. garlic salt

Chop tomato, olives and onion. Add to green chilies. Combine last 3 ingredients. Pour over previous mixture. The longer it sits the better the flavor.

Larry E Sorensen

VEGETABLE DIP

8 oz carton sour cream
2 cups Hellman's mayonnaise
12 oz. carton small curd cottage
cheese

1 pkg. Hidden Valley original mix

Mix all ingredients together. Chill. Can be refrigerated for a few days. Serve with fresh cauliflower, broccoli, carrots, and celery.

Thaylia Deck

VEGETABLE DIP ☺

8 oz. carton sour cream
2 cups Hellman's mayonnaise
12 oz. carton small curd cottage
cheese

1 pkg Hidden Valley original mix

Mix all together. Chill. Can be refrigerated for a few days. Serve with fresh cauliflower, broccoli, carrots, celery.

Thaylia Deck

BEVERAGES

ANGEL FROST

1 (6 oz.) can pink lemonade,
thawed
1 cup milk
1 (10 oz) pkg frozen strawberries
in syrup, partly thawed

1 pint vanilla ice cream
Fresh strawberries (optional)

In a blender place lemonade, milk, frozen strawberries, and ice cream in order given; blend until smooth. Pour into glasses. Garnish with fresh strawberries. Yields 4-6 servings.

Note: Peg sang in Zion's Church choir, sang solos for weddings, funerals, and regular services. She also repaired the large nativity set (which we still use today) when the set was damaged. She also helped to make some of the Crimsons that we use to decorate the sanctuary Christmas tree.

Peg Dodge

Common Substitutions

If you don't have:

- 1 c. cake flour
- 1 T. cornstarch (for thickening)
- 1 tsp. baking powder
- 1 pkg. active dry yeast
- 1 c. sugar
- 1/4 c. fine dry bread crumbs
- 1 c. honey
- 1 c. corn syrup
- 1 sq. (1 oz.) unsweetened chocolate
- 1 c. whipping cream, w/ sugar
- 1 c. buttermilk
- 1 c. whole milk
- 1 c. light cream
- 1 c. tomato sauce
- 1 c. tomato juice
- 1 sm. onion, chopped (1/2 c.)
- 1 tsp. dry mustard (in cooking)
- 1 tsp. dried herbs

Roasting Chart

Meats	Weight
Poultry	
Chicken (whole)	3 - 4 lbs.
	5 - 7 lbs.
Duck (domestic)	4 - 5 lbs.
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(bone in)	14 - 16 lbs.
Pork loin roast	2 - 5 lbs.
Pork ribs	2 - 4 lbs.
Beef	
Beef, rib roast	4 - 8 lbs.
(bone in)	
Eye round roast	2 - 3 lbs.
Tenderloin (whole)	4 - 6 lbs.
Lamb	
Lamb (leg, bone in)	5 - 9 lbs.

Time is based on meat at room temperature.
Test doneness at shortest time.

BANANA SMOOTHIE

- 1 1/2 C. milk
- 1 lg. banana

- 1 T. honey
- 1/4 tsp. vanilla

Blend above ingredients in blender or processor. Serve at once. You may use a peeled and frozen banana.

Larry E Sorensen

CRANBERRY TEA

- 1 Qt. cranberry juice
- 3/4 cup red hots
- 2 1/4 cup sugar
- 2 whole cloves

- 1/3 cup lemon juice
- 6 oz. can frozen orange juice
- 2 1/2 - 3 qts water

Heat cranberry juice. Add red hots, sugar, and cloves. Heat until all are melted. Add lemon juice, frozen orange juice and enough water to make 5 quarts. When hot, serve.

Shelley Charles

EASY PARTY PUNCH

- 2 pkgs. Kool Aid (cherry or raspberry)
- 2 cups sugar
- 1 qt. water

- 1 46 oz. can pineapple juice
- 1 46 oz. can orange juice
- 1 qt. ginger ale

Mix all ingredients and chill. Right before serving add the ginger ale. For an extra special event add 2 or 3 pints raspberry or pineapple sherbet. Serves 25.

Norma Hartung

FRUIT JUICE PUNCH

- 4 1/2 cups sugar
- 3 pkgs. orange Kool Aid
- 6 quarts cold water

- juice from 6 lemons (3/4 cup)
- 1 - 46 oz. can pineapple juice

Mix all ingredients together and add a large chunk of ice.

Norma Hartung

MILKSHAKES

CHUNKY MONKEY

3 scoops *vanilla ice cream*
2 T. *chocolate chips*
 $\frac{1}{2}$ *banana*
1 T. *instant coffee*

2 T. *chocolate syrup*
1 C. *milk*
1 tsp. *vanilla*

Blend on medium for 1 minute

FUZZY NAVEL

4 scoops *vanilla ice cream*
1 C. *peaches, peeled, pitted & chunked*

1 C. *cold orange juice*
2 *strawberries*

In a blender, combine ice cream, peaches & orange juice. Blend until smooth. Garnish with strawberries.

PURPLE COW

1 T. *frozen grape juice concentrate*
 $\frac{1}{2}$ *banana, peeled & sliced*

2 T. *milk*
4 scoops *vanilla ice cream*

Combine all ingredients in blender until smooth.

WHOPPERS MALT

2 - 3 scoops *vanilla ice cream*
 $\frac{1}{3}$ C. *cold milk*

3 T. *chocolate malt syrup*
Whipped Topping

Combine all except whipped topping in blender until smooth. Garnish with topping & a cherry.

CHOCOLATE PEANUT BUTTER

1 C. *creamy peanut butter*
 $\frac{1}{4}$ C. *chocolate syrup*

$\frac{1}{4}$ C. *milk*
12 cubes *ice*

Combine all ingredients in blender until smooth.

Larry E Sorensen

Guided by my heritage of a love of beauty and respect for strength - in search of my mother's garden, I found my own.

- Alice Walker

ORANGE BLUSH

1 (6 oz) can frozen orange juice,
thawed
1 cup cranberry juice

4 Tbs sugar
16 oz club soda
Mint to garnish

Combine orange juice concentrate, cranberry juice and sugar. Chill. Just before serving, stir in club soda. Pour over crushed ice in goblets. Garnish with mint leaf. Yields 6 servings.

Peg Dodge

ORANGE JULIUS †

1 cup water
1 cup milk
1 - 6 oz. can orange juice
concentrate (frozen)

dash of vanilla
½ cup sugar
10 ice cubes

In blender combine water, milk, orange juice concentrate, vanilla, and sugar. Blend well. Add ice cubes one at a time until desired thickness. Pour in glass and enjoy.

Note: Strawberry Julius: Substitute 10 oz. frozen strawberries for juice and increase ice cubes by two.

Beverly Kolb Wilder
Goldie Kolb

PURPLE COW SHAKE

1 - 6 oz. can frozen grape juice
concentrate

1 C. milk
2 C. vanilla ice cream

Blend grape juice concentrate, milk & ice cream. Serve immediately.

Larry E Sorensen

*R*USSIAN TEA

2 C. Tang
1 ¼ C. sugar
½ C. instant tea

1 tsp. cinnamon
2 small pkg. lemonade mix
½ tsp ground clove

Mix and store. Use 2 ½ tsp. tea mix per cup of boiling water.

Larry E Sorensen

*S*LUSHY PUNCH

6 cups water
4 cups sugar
1 12 oz can frozen orange juice
1 12 oz can frozen lemonade
2 12 oz cans of water

1 46 oz can pineapple juice
3-6 mashed bananas (liquefy in
blender with small amount of
juice)
7-Up or Sprite

Put water and sugar in kettle and heat long enough to dissolve the sugar. Cool slightly. Pour into very large container. I use a Tupperware tub. Add orange juice, lemonade, 2 cans water, pineapple juice, and bananas. Stir to combine. Ladle into freezer containers. It will fill about four 1 ½ qt containers. Freeze. When serving, put frozen mixture into punch bowl. Let sit for about 1 hour to thaw. Add equal amounts of 7-up or sprite. Stir until slushy. Can also make single glass-use ice cream scoop to scrape enough punch to fill glass half full-fill remainder of glass with 7-Up.

Mrs. Wayne (Ronnie) Buskirk

Matthew 7:9-11 - "Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"

Common Substitutions

If you don't have:

1 c. cake flour
1 T. cornstarch (for thickening)
1 tsp. baking powder
1 pkg. active dry yeast
1 c. sugar
1/4 c. fine dry bread crumbs
1 c. honey
1 c. corn syrup
1 sq. (1 oz.) unsweetened chocolate
1 c. whipping cream, whipped
1 c. buttermilk
1 c. whole milk
1 c. light cream
1 c. tomato sauce
1 c. tomato juice
1 sm. onion, chopped (1/2 c.)
1 tsp. dry mustard (in cooking)
1 tsp. dried herbs

Roasting Chart

Meats	Weight
Poultry	
Chicken (whole)	3 - 4 lbs.
	5 - 7 lbs.
Duck (domestic)	4 - 5 lbs.
Turkey (unstuffed)	12 - 18 lbs.
	19 - 24 lbs.
Pork	
Ham, fully cooked (bone in)	7 - 8 lbs.
	14 - 16 lbs.
Pork loin roast	2 - 5 lbs.
Pork ribs	2 - 4 lbs.
Beef	
Beef, rib roast (bone in)	4 - 8 lbs.
Eye round roast	2 - 3 lbs.
Tenderloin (whole)	4 - 6 lbs.
Lamb	
Lamb (leg, bone in)	5 - 9 lbs.

Time is based on meat at room temperature. Shorter time if meat is frozen.

SMOOTHIES

STRAWBERRY BANANA SMOOTHIE

1 C. frozen strawberries	2 T. cream of coconut
1 C. frozen banana cubes	1 dash grenadine
1 C. chilled pineapple juice	

Use a blender or a quality smoothie maker. A smoothie is what you make of it. Be creative. The possibilities are limitless. The following recipes are simply a guide.

TANGY SUMMERTIME SMOOTHIE

1 nectarine	1/2 C. sugar-free powdered lemonade mix
6 oz. light - fat-free Peach - frozen yogurt	2 tsp. of sugar, 1 tsp honey or 1 packet artificial sweetener
1/2 C. chilled pineapple - orange - guava juice	

FRUITY OJ BREAKFAST SMOOTHIE

1/2 C. chilled orange juice	1 C. crushed ice
1 banana, cubed and frozen	Fresh mint
6-7 frozen strawberries	Dash of nutmeg
4-5 slices frozen peaches	1 tsp. honey
5-6 frozen blueberries	

CHOCOLATE BANANA SMOOTHIE

1 banana, cubed and frozen	2 T. Hershey's Chocolate syrup
6 oz. cherry yogurt, frozen	1/2 C. chilled non-fat milk

APPLE-A-LA-MODE SMOOTHIE

2 C. non-fat vanilla frozen yogurt	1 C. apple, diced and frozen
3/4 C. chilled unsweetened applesauce	1/2 tsp. ground cinnamon
1/4 C. chilled apple juice	1/4 tsp. ground nutmeg

TROPICAL SMOOTHIE

1 1/2 C. frozen strawberries	1/2 C. chilled orange juice
1/2 C. fresh or canned pineapple chunks, frozen	1/2 C. crushed ice
8 oz. container low fat Pina Colada yogurt, frozen	

COLOSSAL CRANBERRY SMOOTHIE

1/2 C. chilled cran-raspberry juice	1 1/2 C. nonfat vanilla yogurt, frozen
2 C. frozen mixed fruit	

Larry E Sorensen

"WITCHES CALDRON" HOT APPLE BREW

2 quarts apple juice
1/3 C. brown sugar
3 sticks cinnamon

Fresh orange slices (cut in half)
5 whole cloves

Mix apple juice with sugar in large pan. Slice oranges, cut in half. Add cloves & cinnamon sticks. Bring to boil. Cover pan. Simmer for 30 minutes. Serve.

Larry E Sorensen

Hebrews 5:13-14 - Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Recipe Favorites

mon Su

don't have:

flour
 starch (for thicl
 king powder ...
 ive dry yeast..

 dry bread cru
 y
 syrup
 (z.) unsweeten
 ping cream, wh
 r milk.....

 e milk
 cream
 to sauce
 to juice
 on, chopped (1
 mustard (in co
 ed herbs.....

Chart Weight

3 - 4 lbs.
 5 - 7 lbs.
 4 - 5 lbs.
 12 - 18 lbs.
 19 - 24 lbs.

7 - 8 lbs.
 14 - 16 lbs.
 2 - 5 lbs.
 2 - 4 lbs.

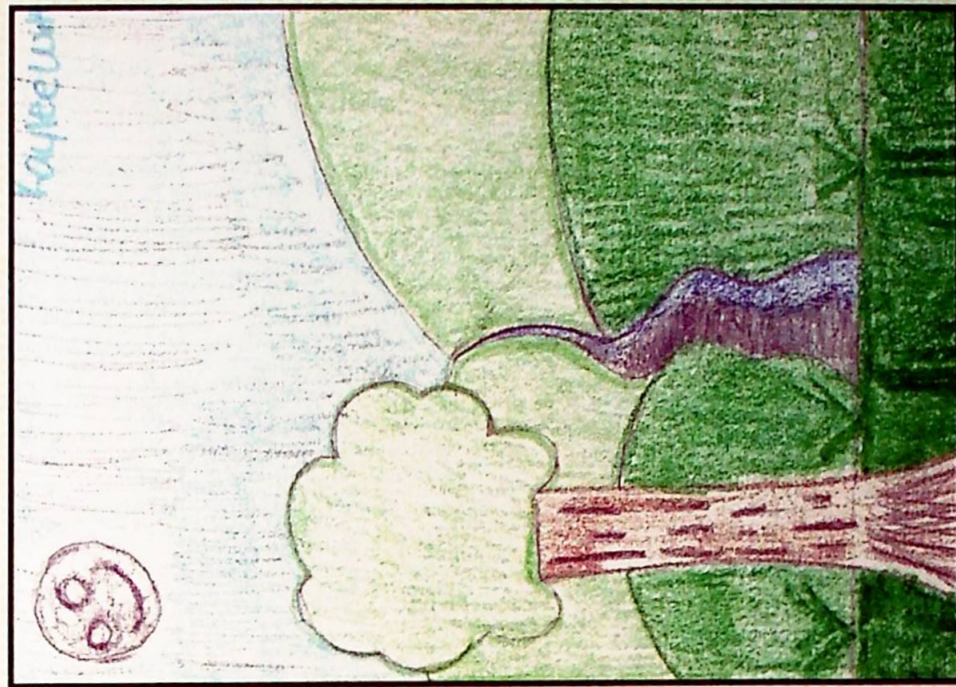
4 - 8 lbs.

2 - 3 lbs.
 4 - 6 lbs.

5 - 9 lbs.

at room temper
 est time.

Breakfast and Brunch



Kaylee Witt, age 17

Candy & Frosting Chart

Common Substitutions

If you don't have:

1 c. cake flour
 1 T. cornstarch (for thick)
 1 tsp. baking powder ...
 1 pkg. active dry yeast..
 1 c. sugar
 1/4 c. fine dry bread cru
 1 c. honey
 1 c. corn syrup
 1 sq. (1 oz.) unsweeteni
 1 c. whipping cream, wh
 1 c. buttermilk.....

1 c. whole milk
 1 c. light cream
 1 c. tomato sauce
 1 c. tomato juice.
 1 sm. onion, chop
 1 tsp. dry mustard
 1 tsp. dried herbs

Roasting Chart

Meats Weights

Poultry

Chicken (*whole*) 3 - 4 lbs.
 5 - 7 lbs.
 Duck (*domestic*) 4 - 5 lbs.
 Turkey (*unstuffed*) 12 - 18 lbs.
 19 - 24 lbs.

Pork

Ham, fully cooked 7 - 8 lbs.
 (*bone in*) 14 - 16 lbs.
 Pork loin roast 2 - 5 lbs.
 Pork ribs 2 - 4 lbs.

Beef

Beef, rib roast 4 - 8 lbs.
 (*bone in*)
 Eye round roast 2 - 3 lbs.
 Tenderloin (*whole*) 4 - 6 lbs.

Lamb

Lamb (*leg, bone in*) 5 - 9 lbs.

*Time is based on meat at room temperature.
 Test doneness at shortest time.*

230 degrees-234 degrees
 234 degrees-240 degrees
 244 degrees-248 degrees
 250 degrees-266 degrees
 270 degrees-290 degrees
 300 degrees-310 degrees

Thread
 Soft Ball
 Firm Ball
 Hard Ball
 Soft Crack
 Hard Crack

Helpful Hints

- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Use greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractive served in the foil, too.
- If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.
- It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.
- It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.
- You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.
- If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.
- If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.
- Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

Breakfast & Brunch

EGGS, PANCAKES & WAFFLES

*B*BLUEBERRY BUTTERMILK PANCAKES

2 cups all-purpose flour
2 Tbs packed brown sugar
2 tsp baking powder
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
2 large eggs

2 cups buttermilk
3 Tbs vegetable oil
1 cup fresh or frozen blueberries,
thawed if frozen, rinsed and
dried

In a medium bowl, combine flour, brown sugar, baking powder, soda, and salt. In a large bowl whisk together eggs, buttermilk, and oil. Add dry ingredients and whisk until just blended. Preheat a nonstick griddle or skillet over medium-high heat. Lightly spray or brush with oil. Pour $\frac{1}{4}$ cup batter onto griddle for each pancake. Scatter a few blueberries on top of each pancake. cook until bubbles form on the surface, about 2 minutes. Turn and cook until other side is golden, about 1 minute longer. Serve with toppings of your choice.

Norma Hartung

Matthew 13:47-48 - "Once again, the kingdom of heaven is like a net that was let down into the lake and caught all kinds of fish. When it was full, the fishermen pulled it up on the shore. Then they sat down and collected the good fish in baskets, but threw the bad away."

BUTTERMILK WAFFLES

WAFFLES

2 cups flour
1 Tbs. baking powder
1 tsp. baking soda
½ tsp. salt
1 Tbs. sugar

3 large eggs
1 ¾ cups buttermilk
½ cup melted butter or margarine
nuts and fresh berries for topping
Sweetened Cream Cheese

Preheat waffle iron and spray lightly with oil. In a large bowl, combine flour, baking powder, soda, salt, and sugar. In a medium bowl, whisk together eggs, buttermilk, and melted butter. Add egg mixture to dry ingredients and stir until well blended. Pour ¾ cup batter onto hot waffle iron. Close lid and bake until steam stops and waffle is lightly browned and crisp, 3 to 4 minutes. Remove waffle and repeat with remaining batter. Spoon a little Sweetened Cream Cheese on top of each waffle. Sprinkle with nuts and berries.

SWEETENED CREAM CHEESE

8 oz. of cream cheese, at room temperature, cut up ¼ cup powdered sugar

Blend cream cheese and sugar in a food processor or blender.

Norma Hartung

CHEESE SOUFFLÉ

1 Tbs. margarine
¼ cup flour
1 cup milk

½ tsp. salt
1 cup grated cheddar cheese
4 eggs separated

Preheat oven to 350°. Butter a 2 quart casserole. Melt margarine, stir in flour and milk. Stir until smooth, add salt and cook in saucepan until batter thickens. Mix in cheese and beaten egg yolks. In separate bowl beat egg whites until stiff peaks form. Carefully stir in batter. Pour into greased casserole and bake for about 45 minutes or until it is brown on top.

Donita Harris

*F*RENCH TOAST BAKE

(with strawberry-cream cheese spread)

2 oz. light cream cheese
12 slices day-old white bread
½ cup strawberry jam
4 large eggs
¾ cup milk

2 Tbs. sugar
¼ tsp. salt
3 Tbs. melted butter
1 cup whole strawberries for
garnish

Spread cream cheese on 6 slices of bread. Spread jam on remaining 6 slices and put the strawberry and cream cheese slices together, forming 6 sandwiches. Arrange sandwiches in a single layer in a lightly sprayed or oiled 9 x 13" baking dish. In a medium bowl, whisk together eggs, milk, sugar, salt, and melted butter. Pour over sandwiches, and turn to coat. Cover and refrigerate for several hours or overnight. Bring to room temperature before baking. Preheat oven to 350°. Bake, uncovered, until lightly browned, 35-40 minutes. Serve garnished with fresh strawberries.

Note: Substitute orange marmalade for the strawberry jam. Garnish with orange slices instead of strawberries.

Norma Hartung

*Q*UICHE

2 - 9" pie shells (unbaked)
6 eggs
1 can (large) evaporated milk
1 Tbs dry mustard
6 green onions, chopped

2 cups Monterey jack cheese,
shredded
2 cups Swiss cheese, shredded
1 cup ham, finely chopped

Beat eggs, add milk and seasonings including salt and pepper if desired. Sprinkle half of cheese in bottom of pie shells, then ham, onions, and remainder of cheese. Pour egg mixture over cheese. (Remember to divide half of your ingredients between 2 pie shells.) Bake at 350° for 45 min. on center rack. Cool 10 minutes before serving.

Mrs. Wayne (Ronnie) Buskirk

*S*TUFFED FRENCH TOAST

8 slices of thickly sliced bread
(dried bread best - left out over
night)

6 eggs, beaten

$\frac{3}{4}$ C. milk

$\frac{1}{4}$ C. sugar

$\frac{1}{2}$ tsp. vanilla

1 T. cinnamon

$\frac{1}{2}$ stick butter

1 container spreadable cream
cheese

Cherry or Blueberry pie filling

Powdered sugar

Maple syrup

Beat eggs until frothy. Add in milk, sugar, vanilla & cinnamon. Blend well & pour into 9 x 9 pan. Melt butter on a medium hot griddle or fry pan. One at a time, dredge bread in the 9 x 9 pan. Flip to coat (don't soak or it will fall apart), then place immediately on pre-heated griddle. Repeat with remaining slices. Fry both sides until golden brown. Remove from griddle & let cool. Place one slice on a plate & spread with cream cheese. Spoon pie filling on top so that it runs slightly over the edge. Top with another fried slice. Garnish with one spoon of pie filling & sprinkle with powdered sugar. Repeat to make four servings. Serve with Maple syrup on the side.

Faith (Phillips) Tucker

*T*WENTY FOUR HOUR EGG OMELET †

5 slices white sandwich bread
(crusts cut off

butter

$\frac{3}{4}$ lb. longhorn cheese, grated

4 eggs

2 cups milk

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. dry mustard

dash cayenne pepper

Butter one side of bread, cut into 1 inch cubes. Place evenly in well greased 9 x 9" pan. Sprinkle with cheese. Beat together eggs, milk salt, dry mustard, and cayenne pepper. Pour over bread and cheese. Cover and refrigerate overnight. Bake covered at 325° about 1 hour or until set. Uncover for the last 5+ minutes of baking time

Note: Beverly sang in the church choir and Pastor Eugene was a former Pastor of Zion.

*Pastor Eugene and Beverly Smith
Norma Greever*

BREAKFAST CASSEROLE

*B*ACON AND POTATO CASSEROLE

8 large eggs
1 cup mayonnaise
1 medium yellow onion, chopped
2 medium russet potatoes (about 1
pound) peeled and grated

1 pound bacon, diced and cooked
2 cups grated Cheddar cheese

Preheat oven to 350°. In a large bowl, whisk eggs. Whisk in mayonnaise until blended. Stir in onion, potatoes, bacon, and cheese. Pour into lightly sprayed or oiled 9 by 13" baking dish. Bake uncovered, until set, about 45 minutes. Let stand for 10 minutes. Cut into squares and serve.

Note: I have substituted 16 oz. of frozen hash browns for the potatoes which works well.

Norma Hartung

*E*GG & SAUSAGE CASSEROLE

12 slices bread, trimmed
2 lb. lean pork sausage
2 tsp. prepared mustard
6 eggs

1½ C. milk
1½ C. half & half
2 tsp. Worcestershire sauce
1½ C. Swiss cheese, shredded

Place bread in 9 x 13 baking pan. Cook sausage until crumbly. Drain. Add mustard to sausage. Mix well. Sprinkle over bread. Beat eggs, milk, half & half & Worcestershire sauce. Add cheese. Pour over bread & sausage. Let stand in refrigerator overnight. Bake at 350° for 45 minutes. Let stand for 15 minutes before cutting. Serves 12.

Goldie Kolb

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there.

- Indira Gandhi

*E*GG CASSEROLE

1 dozen eggs
1 qt. milk
salt and pepper to taste
1 lb. Velveeta cheese (cubed)

1 loaf of bread (cubed)
butter
½ - 1 lb. bacon (fried and crumble)

Use a 9 x 13" greased baking dish. Butter bread slices and cube. Put bread cubes in baking dish and sprinkle cheese cubes in with the bread cubes. Beat eggs, add milk, ¼ tsp pepper, and a little salt (cheese and bacon already have salt). Pour egg mixture over the bread and cheese cubes. Cover and refrigerate overnight. Fry bacon and crumble. In the morning, uncover the casserole sprinkle bacon on top. Put in oven at 325° for 1 hour. Stir casserole every 15 minutes.

Note: I make this casserole when we have guests for breakfast. It is an easy do ahead recipe and makes a large batch. This is a family favorite and I've served it for Easter Breakfast at Zion a number of times.

Norma Hartung

*F*ARMER'S BREAKFAST CASSEROLE

3 cups frozen cubed hash brown
potatoes, slightly thawed
½ cup grated pepper Jack cheese
½ cup grated Cheddar or Monterey
Jack cheese
1 cup cubed cooked ham
6 to 8 green onions, including
some tender green tops, sliced

4 large eggs
1½ cups milk
½ tsp. salt
freshly ground pepper
Fresh strawberries for garnish

Preheat oven to 350°. In an 8" square baking dish lightly sprayed or oiled, arrange a layer of hash browns, grated pepper Jack and Cheddar, ham, and green onions. In a medium bowl, whisk together eggs, milk, salt, and pepper to taste. Pour egg mixture over potato mixture. Bake uncovered, until center is set, about 50 minutes. Let stand for 10 minutes. Cut into squares and serve garnished with strawberries.

Norma Hartung

*F*RENCH TOAST CASSEROLE

1 cup packed brown sugar
½ cup butter
2 Tbs. light corn syrup
1 1 lb. loaf unsliced cinnamon
bread, cut into 1" slices

8 eggs, beaten
3 cups half-and-half or light
cream
2 tsp. vanilla
½ tsp. salt

In a medium saucepan combine brown sugar, butter, and corn syrup; cook and stir until boiling. Boil, uncovered, for 1 minute. Pour into a 9 x 13" baking dish. Arrange bread slices on top of brown sugar mixture. In a large bowl combine eggs, half-and-half, vanilla, and salt; pour over bread slices. Cover and chill in the refrigerator for at least 4 or up to 24 hours. Preheat oven to 350°. Let baking dish stand at room temperature while oven preheats. Bake, uncovered, for 40-45 minutes or until top is browned and puffed and a knife inserted near center comes out clean. Let stand for 15 minutes before serving.

Norma Hartlung

*S*ANDY'S GRITS CASSEROLE

¾ cup quick grits (not instant)
3 cups boiling water
½ lb or 2 cups grated cheese
(cheddar or longhorn)

2 eggs, beaten
¾ stick margarine
1 ½ tsp Lawry's seasoning salt

Cook grits, add cheese, eggs, butter, salt, and stir lightly until smooth. Bake 20 minutes at 325°.

Note: Sandy is sister to Thaylia and Henry Cline.

*Sandy Lee
Thaylia Deck*

*The ultimate measure of a man is not where he stands in
moments of comfort, but where he stands at times of
challenge and controversy.*

- Martin Luther King, Jr.

*S*AUSAGE BREAKFAST CASSEROLE

<i>6 slices bread</i>	<i>1½ cup shredded longhorn cheese</i>
<i>butter or margarine</i>	<i>6 eggs, beaten</i>
<i>1 pound bulk pork sausage (Jimmy Dean)</i>	<i>2 cups half and half</i>
	<i>1 tsp salt</i>

Remove crusts from bread and spread bread slices with butter. Place in a greased 13 x 9" baking dish, and set aside. Cook sausage until browned, stirring to crumble. Drain well. Combine eggs, half and half and salt; mix well with sausage. Sprinkle cheese over bread. Pour sausage/egg mixture over bread and cheese. Cover casserole and chill overnight. Remove from refrigerator 15 minutes before baking. Bake casserole, uncovered at 350° for 45 minutes or until set.

*Kathy Lee
Thaylia Deck*

*S*AUSAGE HASH BROWN BAKE

<i>2 lb. bulk pork sausage</i>	<i>1 C. chopped onion</i>
<i>2 C. shredded cheddar cheese, divided</i>	<i>¼ C. ea. - chopped green pepper & sweet red pepper</i>
<i>1 can cream of chicken soup</i>	<i>1 pkg. (30 oz.) frozen, shredded hash brown potatoes, thawed</i>
<i>1 C. sour cream</i>	
<i>8 oz. french onion dip</i>	

In a large skillet, cook sausage over medium heat until no longer pink; drain on paper towels; set aside. In large bowl, combine 1¾ C. cheese & the remaining ingredients. Spread half into a greased shallow 3-qt. baking dish. Top with sausage. Add the remaining potato mixture. Sprinkle with remaining cheese. Cover and bake at 350° for 45 minutes. Uncover; bake 10 minutes longer or until heated through. Yields 10-12 servings

*S*CRAPPLE

<i>⅓ (⅔) cup corn meal</i>	<i>1 (2) cup water</i>
<i>⅓ (⅔) cup bran</i>	<i>½ (1) lb. sausage</i>

Boil water and add corn meal and bran. Brown sausage and add to mixture. Put in bread pan and let set overnight. Next day - slice and fry in skillet. (Can be doubled)

Nancy Prieb

*S*KILLET POTATOES AND EGGS

2 to 3 Tbs vegetable oil
2 cups peeled, cooked, and cubed
russet potatoes
½ cup diced cooked ham
½ cup chopped yellow onion
½ cup chopped green pepper

½ cup chopped red pepper
6 large eggs
2 Tbs milk
freshly ground pepper
½ cup grated Swiss cheese
¼ cup chopped parsley

In a large skillet over medium heat, warm 2 Tbs oil. Add potatoes and fry until slightly browned, about 5 minutes. Add ham, onion, and bell peppers. Cook until vegetables are tender. (About 10 minutes longer.) Add more oil if needed. In a medium bowl, whisk together eggs, milk, salt, and pepper to taste and pour over potato mixture. Cook, stirring, until eggs are almost done. Stir in cheese and parsley and cook until cheese melts. (1 to 2 minutes longer.) Serve immediately.

Norma Hartung

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

- Booker T. Washington

COFFEE CAKES

*B*BLUEBERRY STREUSEL COFFEE CAKE

<i>1½ cup packed brown sugar</i>	<i>3 eggs</i>
<i>1 cup coarsely chopped nuts</i>	<i>1 tsp. vanilla</i>
<i>4 tsp. cinnamon</i>	<i>2 cups flour</i>
<i>1 (8 oz.) carton sour cream</i>	<i>1½ tsp baking powder</i>
<i>1 tsp. baking soda</i>	<i>2 cups fresh or frozen blueberries,</i>
<i>¾ cup sugar</i>	<i>thawed</i>
<i>½ cup butter, softened</i>	<i>Powdered Sugar Icing</i>

Preheat oven to 350°. Grease a 9 x 13" baking dish; set aside. For TOPPING: In a small bowl stir together brown sugar, nuts, and cinnamon. In another small bowl stir together sour cream and baking soda. In a large bowl combine sugar and butter. Beat with an electric mixer on medium until light and fluffy. Add eggs and vanilla, beat until combined. Add the flour and baking powder, beat until mixed. Beat in the sour cream mixture. Pour half of the batter into the prepared baking dish, spreading evenly. Sprinkle with blueberries and half of the topping. Carefully pour remaining batter over layers in pan, spreading evenly. Sprinkle with the remaining topping. Bake uncovered, for 35-40 min. or until a toothpick inserted near center comes out clean. Drizzle with powdered sugar icing. Serve warm or cool completely.

POWDERED SUGAR ICING

<i>½ cup powdered sugar</i>	<i>¼ tsp vanilla</i>
<i>2 tsp milk</i>	

In a small bowl stir all ingredients together. Stir in enough additional milk, 1 tsp at a time, to reach drizzling consistency.

Norma Hartung

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.

- Franklin P. Adams

BUBBLE BREAD

1 pkg. frozen bread dough balls
1 pkg. butterscotch pudding (not instant)
1 pkg. vanilla pudding (not instant)

1 tsp. cinnamon
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup chopped nuts

Roll dough balls in butter and place in bottom of greased Bundt pan. Mix remaining ingredients and sprinkle over dough balls using $\frac{3}{4}$ of mixture. (You can use all the mixture, but it is really gooey.) Cover pan with waxed paper and let rise overnight. Bake at 350° for 30 minutes.

Laura Kolb Chadd

CARAMEL BUBBLE RING

$\frac{1}{3}$ cup chopped pecans
 $\frac{3}{4}$ cup sugar
4 tsp. ground cinnamon
2 (11 oz.) pkgs. refrigerated breadsticks

$\frac{1}{3}$ cup butter or margarine, melted
 $\frac{1}{2}$ cup caramel ice-cream topping
2 Tbs. maple-flavored syrup

Generously grease a 10" fluted tube pan. Sprinkle half of the pecans in the bottom of the prepared pan; set aside. In a small bowl stir together sugar and cinnamon; set aside. Separate each package of breadstick dough on the perforated lines into 6 spiral pieces, making 12 pieces total. Do not unroll. Cut the pieces in half crosswise. Dip each piece of dough into melted butter; roll in sugar mixture to coat. Arrange dough pieces in the prepared pan. Sprinkle with remaining pecans. In a measuring cup stir together caramel topping and maple-flavored syrup, drizzle over dough pieces in pan. Bake in a 350° oven about 35 minutes or until dough is light brown, covering with foil for the last 10 minutes of baking to prevent overbrowning. Let stand for 1 minute only. (If it stands for more than 1 minute, the ring will be difficult to remove from pan.) Invert onto a serving platter. Spoon any topping and nuts remaining in the pan onto rolls. Serve warm.

Betsy Ledin

CHOCOLATE CHIP COFFEE RING

1 pkg. active dry yeast
1 $\frac{3}{4}$ cups flour, sifted
3 Tbs sugar
 $\frac{1}{2}$ tsp salt

$\frac{1}{2}$ cup milk
1 egg
4 Tbs butter or oleo
 $\frac{1}{2}$ cup semi-sweet chocolate pieces

In large bowl combine yeast & 1 $\frac{1}{4}$ cups flour. Heat milk, butter, sugar, & salt just to warm, stirring occasionally. Add to dry mixture. Add egg. Beat 3 min. at low speed for $\frac{1}{2}$ min., scraping sides of bowl. Beat 3 min. at high speed. By hand, stir in remaining flour. Add chocolate pieces & mix well. Turn into well greased 4 $\frac{1}{2}$ cup ring mold. Cover let rise in warm place till double, (45 min. to 1 hr.). Bake at 400 degrees 12-15 mins. Remove from pan immediately. Drizzle with confectioners sugar icing while still warm.

Betty McConnell

CINNAMON BLUEBERRY CRUMBLE

9 Rhodes Anytime Cinnamon rolls
21 oz. can blueberry pie filling
 $\frac{1}{4}$ cup butter, softened
 $\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup brown sugar
1 cup chopped pecans
cream cheese frosting

Arrange frozen rolls in 3 rows of 3 in a sprayed 9 x 9" baking pan. Spread blueberry pie filling evenly over and between the rolls. Combine butter, flour, brown sugar, and pecans. Sprinkle over pie filling. Bake at 350° for 45 - 50 minutes. Drizzle with cream cheese frosting while still warm.

Pat Phillips

Luke 12:22-23 - Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes."

*C*INNAMON BREAKFAST BITES

1 ½ cups all-purpose flour
1 cup crisp rice cereal (coarsely
crushed)
2 Tbs plus ½ cup sugar (divided)
3 tsp baking powder
½ tsp salt

¼ cup butter-flavored shortening
½ cup milk
1 tsp ground cinnamon
¼ cup butter or margarine
(melted)

In a bowl, combine the flour, cereal, 2 Tbs sugar, baking powder and salt; cut in shortening until mixture resembles coarse crumbs. Stir in milk just until moistened. Shape into 1-in. balls. In a bowl, combine cinnamon and remaining sugar. Dip balls in butter, then roll in cinnamon-sugar. Arrange in a single layer on an 8-in round baking pan. Bake at 425° for 15-18 minutes or until a toothpick inserted comes out clean.

Norma Hartung

*E*ASY BLUEBERRY-LEMON COFFEE CAKE

1 egg, slightly beaten
2 cups baking mix (Bisquick)
½ cup sugar
½ cup milk
1 TBS grated lemon peel

1 cup frozen blueberries, thawed,
rinsed and well drained
¼ cup baking mix (Bisquick)
½ cup powdered sugar
3-4 tsp lemon juice

Heat oven to 400F. Grease bottom and sides of round pan. In medium bowl, stir egg, 2 cups baking mix, sugar, milk and lemon peel. Mix blueberries and ¼ cup baking mix; fold into batter. Spread in pan. Bake 20-25 minutes or until golden brown. Cool 10 minutes. Mix powdered sugar and lemon juice until thin enough to drizzle on coffee cake. Serve warm.

Note: This recipe is from when Chase took cooking class in grade school. It is one of his favorites!

Chase Liby

HEATH CANDY BAR COFFEE CAKE †

<i>1 cup brown sugar</i>	<i>1 egg</i>
<i>½ cup white sugar</i>	<i>1 tsp soda</i>
<i>1 stick oleo</i>	<i>1 cup buttermilk</i>
<i>1 tsp vanilla</i>	<i>3 Heath bars, crushed</i>
<i>2 cups flour</i>	

Mix well brown sugar, white sugar, oleo, vanilla and flour. Take out ½ cup and set aside. Add egg, and soda that has been dissolved in the buttermilk to the crumb mixture. Stir well and pour into greased and floured 9 x 9" pan. Mix the ½ cup crumbs with the crushed heath bars and sprinkle over the top. Bake at 350° for 30 min.

Note: Viola Hensley is Pat Phillips Mother

*Viola Hensley
Pat Phillips*

OVERNIGHT COFFEECAKE

<i>⅔ cup margarine</i>	<i>1 tsp. baking soda</i>
<i>1 cup white sugar</i>	<i>1 tsp. baking powder</i>
<i>½ cup brown sugar</i>	<i>½ tsp. salt</i>
<i>2 eggs</i>	<i>1 tsp. cinnamon</i>
<i>2 cups flour</i>	<i>1 cup buttermilk</i>

Cream margarine and sugars; add eggs and blend. Sift dry ingredients together and add alternately with buttermilk. Mix 1 to 2 minutes. Spread in greased and floured 9 by 13 inch pan. Sprinkle with topping. Refrigerate 8 hours or overnight. Remove from refrigerator 30 minutes before baking at 350° for 40-45 minutes.

TOPPING

<i>½ cup brown sugar</i>	<i>½ tsp. cinnamon</i>
<i>½ tsp. nutmeg</i>	<i>½ cup chopped nuts</i>

Mix all ingredients and sprinkle on top of coffee cake before baking.

Norma Hartung

POTATO SCONES

1 ½ cup cold mashed potatoes
1 egg beaten
1 Tbs grated onion

2 Tbs minced parsley
1 tsp Worcestershire sauce
1 cup Bisquick

Mix all together adding milk if too stiff. Roll out ¾" thick on Bisquick-covered cloth. Cut rounds with floured 3" cutter. Sauté in butter until brown, turn and brown again. makes 1 dozen scones.

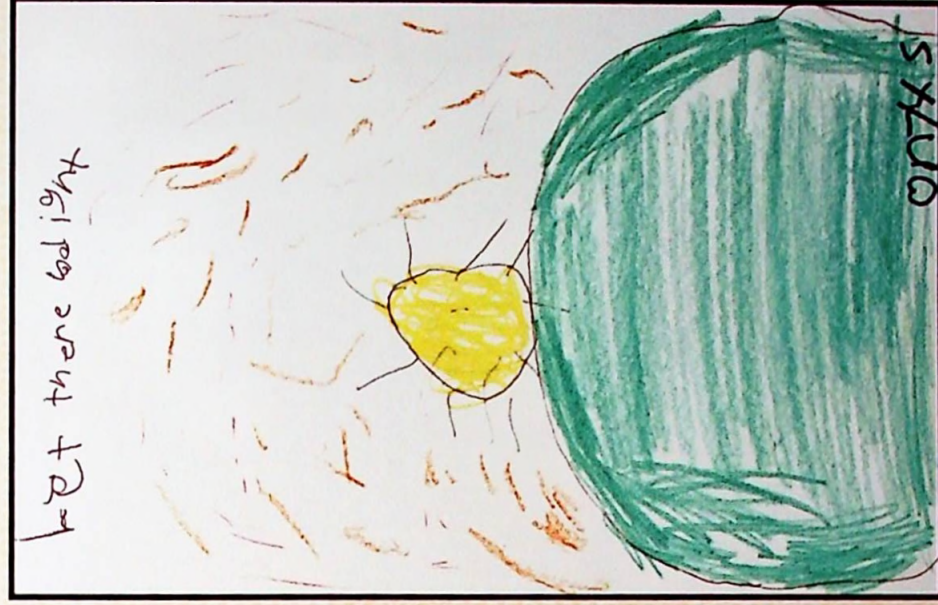
Betty McConnell

*Nothing in life is to be feared, it is only to be understood.
Now is the time to understand more, so that we may fear
less.*

- Marie Curie

Recipe Favorites

Soups, Salads and Sauces



Onyx Schmidt, age 11

Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving "free soup."
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top—remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don't overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

Soups, Salads & Sauces

SOUPS

*B*AKED POTATO SOUP

2 potatoes
2 slices thick-cut bacon
 $\frac{1}{2}$ small onion
3 Tbsp butter or margarine

3 Tbsp flour
4 cups milk
salt and pepper to taste
 $\frac{1}{2}$ cup shredded cheddar cheese

Preheat oven to 375°. Wash the potatoes and pierce several times with a fork. Bake them for about 45 minutes, or until they are just soft. Remove them from the oven and let them cool. Peel the potatoes and cut into $\frac{1}{2}$ to $\frac{3}{4}$ inch pieces. Meanwhile place a paper towel on a microwave-safe plate and lay the bacon slices in the center. Fold the excess paper towel over the bacon and microwave on high for 2 minutes, or until the bacon is crisp. Allow the bacon to cool and break into small pieces. Peel the onion and dice it into $\frac{1}{4}$ inch pieces. Place the onion and butter in a large saucepan and cook over medium heat stirring occasionally, for 5 to 7 minutes, or until the onion is translucent. Stir in the flour and cook for 1 to 2 minutes, or until bubbly. Add 1 cup of the milk and stir until smooth. Add the remaining 3 cups of milk and the potatoes and cook, stirring occasionally for 7 to 10 minutes or until it just begins to boil. Season to taste with salt and pepper. Decrease the heat to low and cook for 5 minutes. Ladle the soup into 4 bowls and sprinkle the cheese and bacon bits over the soup.

Jasmine Seiberling

*B*ROCCOLI AND CHEESE SOUP ❀

- | | |
|--|---------------------------------|
| 2 cups cooked noodles | 1 Tbs flour |
| 1 10-oz. pkg frozen chopped broccoli, thawed | 2 cups shredded American cheese |
| 3 Tbs chopped onions | Salt to taste |
| 2 Tbs butter | 5½ cups milk |

Combine all ingredients in slow cooker. Stir well. Cook on low for 4 hours. 8 servings.

Anita Fakes

*C*ALEB'S KANSAS DAY TACO SOUP

- | | |
|--|---------------------------------|
| 1 lb. lean ground beef (or turkey) | 1 can rotel tomatoes, undrained |
| 1 onion, chopped (optional) | 1 can black beans |
| 1 pkg. taco seasoning | 1 can pinto beans |
| 1 pkg. dry ranch seasoning | 1 can whole kernel corn |
| 2 large cans diced tomatoes, undrained | |

Brown meat and onion. Drain. Add taco and ranch seasonings. Drain beans and corn. Add to meat along with undrained tomatoes. Simmer until well blended and hot. Serve over a bowl of tortilla chips. Add a bit of grated cheese or sour cream and this simple soup is a hearty Wheat State treat! Happy Birthday Kansas! Enjoy! - C.

Note: Every year on January 29th I always celebrate Kansas' Birthday. I usually throw a party complete with Kansas Trivia, some Kansas Poetry, maybe a letter from a famous Kansan, and of course, singing "Home on the Range" and eating soup.

Caleb Crainer

*Love has nothing to do with what you are expecting to get,
only with what you are expecting to give, which is
everything.*

- Katherine Hepburn

CHEESE POTATO SOUP ❀

4 cups diced raw potatoes
2 cups water
¾ cup diced celery
¾ cup diced carrots
1 tsp onion flakes
1 tsp parsley flakes

1 pkg of cream of chicken soup
(dry mix)
2 cups milk
½ cup Velveeta cheese (diced or
shredded)

Cook potatoes, carrots, and celery in the 2 cups of water until tender. Mash until creamy. Add the cream of chicken dry soup mix, milk, cheese and salt & pepper to taste. Once all ingredients are heated thoroughly, serve in soup bowls. (Stir constantly, but do not boil.)

Anita Fakes

CHEESEBURGER SOUP

1 lb. hamburger, browned and
drained
1 cup instant rice
½ cup grated carrots
¼ cup chopped onion
¼ cup chopped celery
¾ cup chicken broth

1 can cheddar cheese soup
1 lb. Velveeta cheese
2 soup cans of milk
1 (8 oz.) carton sour cream and
chives
salt and pepper to taste

Combine broth, carrots, and celery, simmer 10 minutes. Add hamburger, rice, soup, Velveeta and milk, when all is mixed and rice is cooked, add sour cream and chives last. NEVER let it boil. Stir often when adding ingredients. If it gets thick, add water as needed.

Pat Phillips

Psalm 104:14-15 - He makes grass grow for the cattle, and plants for man to cultivate - bringing forth food from the earth: wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

CHEESEBURGER SOUP

*1 lb. cooked and drained
hamburger
2 cups cooked rice
½ cup grated carrot
½ cup chopped celery
½ cup chopped onion*

*3 cups chicken bouillon
2 cans Cheddar Cheese soup
2 cans milk
1 (8 oz.) carton sour cream and
chives*

In a soup kettle, combine bouillon, carrots, onion and celery. Cover and simmer for 10 minutes. Add cooked hamburger, cooked rice, cheese soup, and milk. Heat through until serving temperature. Add sour cream and chives at the last just before serving and heat through. Do not boil! Can add more water if too thick.

Alice Jane Hayes

CHEEZIE POTATO SOUP

*10 large potatoes (peeled and
cubed ½")
2-3 cans of chicken broth
¼ cup small diced onion (may
substitute with dried flakes)
2 Tbs. Mrs Dash*

*1 stick butter
2 cans evaporated milk
1 lb. pkg. of Velveeta cheese-cubed
½ cup real bacon bits or several
slices bacon fried and crumbled*

Place cubed potatoes, chicken broth, butter, Mrs. Dash, and diced onion in a large stock pot. If potatoes are not covered by broth, add enough water to cover. Boil just until potatoes are tender. DO NOT DRAIN. Lower heat. Add cheese cubes, evaporated milk, and bacon crumbles. Stir until all cheese is melted. Serve in warm soup bowls.

Note: When re-heating it is best to heat a bowl at a time in the microwave.

Norma Hartung

*The greatest discovery of my generation is that human
beings can alter their lives by altering their attitudes of
mind.*

- William James

CHICKEN VEGETABLE SOUP

- | | |
|--|-----------------------------------|
| 2 C. cubed cooked chicken or turkey | 2 C. frozen whole kernel corn |
| 3 cans chicken broth | 1 pkg. (10oz.) frozen green beans |
| ½ tsp. dried thyme leaves, crushed | 1 C. diced tomatoes |
| ¼ tsp. garlic powder or 2 cloves garlic crushed and minced | 1 stalk celery, chopped |

MIX broth, thyme, garlic, corn, beans, tomatoes, and celery in saucepan. Heat to boil. Cover and cook over low heat 5 min. or until vegetables are tender. ADD chicken or turkey and heat through. Serves 6.

Larry E Sorensen

As simple as it sounds, we all must try to be the best person we can - by making the best choices, by making the most of the talents we've been given.

- Mary Lou Retton

CLIFF HOUSE CLAM CHOWDER

SOUP

<i>1 - 2 slices hickory-smoked bacon, diced</i>	<i>1 - 6½ oz. can clams</i>
<i>½ tsp. butter</i>	<i>1 C. bottled clam juice</i>
<i>1 C. onion, minced</i>	<i>1½ C. Half & Half</i>
<i>1 - 2 clove, minced</i>	<i>¼ tsp. white pepper</i>
<i>1 tsp. Cliff House Spice Blend</i>	<i>2 medium-large potatoes, peeled. diced & boiled very tender</i>
<i>1 T. all purpose flour</i>	

In a heavy bottomed stock pot, sauté bacon, butter, onion, garlic & Cliff House Spice Blend over low heat. Do not allow to brown. Drain clams & set aside, reserving the juice. Using the reserved juice & the bottled juice up to 1 C., slowly stir the flour & clam juice into the sauté mixture. Bring to a boil; reduce heat. Add Half & Half and simmer 20 minutes. Add white pepper, potatoes & clams. Heat to serving temperature. Do not allow to boil, as this toughens the clams. Serve at once with crackers & warm cornbread. For corn Chowder just add ½ lb. fresh corn.

CLIFF HOUSE SPICE BLEND

<i>4 tsp. oregano</i>	<i>4 tsp. basil</i>
<i>4 tsp. dried parsley</i>	<i>1 tsp. sage</i>
<i>2 tsp. marjoram</i>	<i>4 tsp. rosemary</i>
<i>2 tsp. dill</i>	<i>2 tsp. tarragon</i>
<i>4 tsp. thyme</i>	<i>1 T. all purpose flour</i>

Crush in a mortar if possible. Keep in an empty spice bottle for freshness.

Note: I acquired this recipe many years ago with permission. It has been made by the Cliff House in Ogunquit, Maine since 1872. It is a favorite of my Grand-daughter, Jamie Pritchard.

Larry E Sorensen

Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same.

- Unknown

CREAM OF ANYTHING SOUP †

- | | |
|--------------------------------|--------------------|
| 1 C. Non-Fat dried milk powder | ½ tsp. dried basil |
| 1 T. dried onion flakes | ½ tsp. dried thyme |
| 2 T. cornstarch | ¼ tsp. pepper |
| 2 T. Chicken bullion powder | 2 C. water |

ADD: Anything you want such as celery, potatoes, mushrooms, oysters, broccoli, chicken, spinach, etc. Mix or match or just stick with one. The sky is the limit. You know the rest. Bring to a boil and simmer till you're satisfied. Careful with the oysters though. Should probably put those in just before you eat or they'll get tough. Enjoy.

Note: In Honor of a Very Good Friend who taught me the joys of cooking.

Jay Simmons (KFDL's "Larry James")
Larry Sorensen

CREAM OF CAULIFLOWER SOUP ②

- | | |
|--|-------------------------------------|
| 1 lb. head of cauliflower, broken into flowerets | ½ tsp. salt |
| 1 small onion, chopped | ¼ tsp. ground nutmeg |
| ¼ cup water | ¼ tsp. pepper |
| 3 T. butter | 2 stalks celery, chopped (optional) |
| 1 T. chicken bouillon or base | 2 cloves garlic (optional) |
| 2 C. milk | 1 tsp. ground cumin (optional) |
| | cheddar cheese to taste |

Cook cauliflower, celery and onion in ¼ cup water until tender. If still lumpy for you, mash cauliflower with a potato masher. Add all remaining ingredients in a saucepan and heat through. Sprinkle with cheddar cheese.

Note: Chopped celery, garlic, shaved carrots or a tsp of cumin are good choices as well

Larry E Sorensen

*C*REAMY BROCCOLI POTATO SOUP ②

6 C. Swanson Chicken Broth
¼ tsp. pepper
2 cloves garlic, minced
10 C. chopped fresh broccoli

3 large potatoes, sliced ¼" thick
1 large onion, sliced
1 ¾ C. milk
¼ C. grated Parmesan cheese

MIX: broth, pepper, garlic, 8 C. broccoli, potatoes and onion in small stock pot. Heat to boil. Cover and cook over low heat 15 min. or until vegetables are tender. Remove from heat. Blend: broth mixture in blender or food processor until smooth. Return to pan. Stir in milk and cheese. Add 2 C. florets for substance and presentation. Heat through. Serves 15

Larry E Sorensen

*G*AZPACHO

3 cups tomato juice
2 beef bouillon cubes
¼ cup wine vinegar
2 Tbs olive oil
1 tsp Worcestershire sauce

½ tsp Tabasco
4 cups finely diced tomatoes
2 finely diced cucumbers
3 finely chopped green peppers
1 large finely chopped onion

Heat tomato juice to boiling. Add bouillon cubes, stir until dissolved. Add vinegar, oil, Worcestershire, and Tabasco sauce. Chill until cold. Add all vegetables after liquid is cold. Stir and let marinate several hours in the refrigerator, before serving.

Alice Jane Hayes

Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number 1.

- Arthur Ashe

HAMBURGER-VEGETABLE SOUP

1½ to 2 lbs. ground beef
6 cups water
1½ cups diced peeled potatoes
1½ cups diced carrots
1 cup diced celery
1 cup diced onion
5 Tbs. beef bouillon granules or 5 cubes

1 (28 oz.) can diced tomatoes, undrained
½ cup quick-cooking barley
1 can green beans
1 can corn (optional)
1 can peas (optional)

In Dutch oven brown beef and drain. Add remaining ingredients; bring to boil; reduce heat; cover; and simmer until vegetables are tender, (20-30 minutes). Best if cooked one day and reheated next.

Note: I use all the vegetables. This makes a big batch of soup. A great recipe for a family gathering. It freezes well.

Norma Hartung

JAY'S OYSTER SOUP †

1 can oysters, drained
1 pint half and half
1 stalk of celery, chopped

4 T. of chopped onion
1 T. of flour
salt and pepper

In a small sauce pan sauté chopped onion in ½ stick of butter. Add 1 T. flour working to a paste and adding some oyster juice as needed. Add the remaining oyster juice to the rue and then the half and half. Heat on low, DO NOT BOIL. When slightly thickened add oysters. Salt and pepper to taste.

Jay Simmons (KFBI's "Larry James")
Larry Sorensen

Proverbs 24:13-14 - Eat honey, my son, for it is good; honey from the comb is sweet to your taste. Know also that wisdom is sweet to your soul; if you find it, there is a future hope for you, and your hope will not be cut off.

*M*INESTRONE SOUP

- | | |
|---|-------------------------------------|
| 3 C. water | 5 slices bacon, cooked and crumbled |
| 2 (10½ oz.) cans chicken broth | 2 cloves garlic, crushed and minced |
| 1 medium onion, chopped | 1½ tsp. Italian seasoning |
| 3 carrots, diced | 1 tsp. salt |
| 1 medium zucchini, halved and cut into ¼ " slices | ½ tsp. pepper |
| 1½ C. chopped cabbage | ¾ C. elbow or other pasta, uncooked |
| 1 (15 oz.) can garbanzo beans | |
| 3 (14 oz.) cans whole tomatoes, drained and uncut | |

COMBINE all ingredients, except pasta, in stoneware cooking pot of slow cooker; stir to blend. Place cooking pot into heating base, cover and cook at desired heat (LO: 8 - 10 hrs; HI: 5 - 6 hrs; AUTO: 6 - 7 hrs.) or until vegetables are tender. Increase heat to HI setting and add pasta; stir to blend. Cover and cook for 30 minutes. Serves 6 - 8.

Larry E Sorensen

*N*ANA'S BROCCOLI CHEESE SOUP †

- | | |
|-----------------------------|--------------------------------|
| 2 Tbs. finely chopped onion | 3 Tbs. flour |
| ⅛ tsp. pepper | 1 cup shredded cheese |
| 2 cubes chicken bouillon | 10 oz. frozen chopped broccoli |
| 2 Tbs. margarine | ½ tsp. salt |
| 2 cups milk | |

In large sauce pan cook onion and margarine. Stir in flour, salt and pepper, blend. Add milk all at once, cook until thickened, stirring constantly. Add cheese. Cook and stir until cheese is melted. Remove from heat. In another pan dissolve bouillon in water. Bring to boil, add broccoli and cook until tender. Do not drain. Add the broccoli mixture to the cheese mixture. Stir to combine ingredients. Serve in soup bowls.

Note: This was one of Hanna's favorite soups that Nana made.

*Anita Fakes
Hanna Hartung*



POTATO CHOWDER

8 slices of bacon
2 cups new or red potatoes
1 cup chopped onions
1 cup sour cream
1 1/4 cup milk
1 can cream of chicken soup (do not dilute)

1 (8 oz) can whole kernel corn,
drained
1/4 tsp pepper
1/4 tsp thyme

In a 3 quart saucepan, cook bacon over medium heat until almost done. Remove bacon leaving drippings in pan. Add potatoes and onions. Continue cooking, stirring occasionally until potatoes are tender. (15-20 minutes) Add remaining ingredients and continue cooking until heated thoroughly. (Tip: Do not cook too long once you add the sour cream. Just cook long enough to heat it.) This is a wonderful chowder for a cold, rainy day.

Kathy Lee
Thaylia Deck

QUICK CHICKEN AND NOODLE SOUP

2-3 cans (12 oz.) chunk chicken
1 pkg. (16 oz.) egg noodles
1 can cream of chicken soup
1 medium onion, diced

1 pkg. onion soup mix
1 box (32 oz.) chicken broth
salt and pepper to taste

COMBINE all ingredients except noodles in cooking pot, cooking until done, about 30 min. ADD noodles slowly, stirring until all noodles are blended. COOK on low until noodles are tender, about 10 minutes. Simmer 10 -15 minutes stirring occasionally to avoid sticking.

Note: I prefer making my own egg noodles and using a chicken. Try using a slow cooker on low. Either way it makes a cold winter night memorable.

Larry E Sorensen

*R*OASTED GARLIC POTATO SOUP ②

- | | |
|--|--|
| <i>4 medium red potatoes, washed,
unpeeled and cubed</i> | <i>2 cans roasted garlic chicken
broth</i> |
| <i>2 medium carrots, diced</i> | <i>1 C. half and half</i> |
| <i>1 medium onion, chopped</i> | <i>1 C. instant mashed potatoes</i> |
| <i>1 stalk celery, chopped</i> | <i>1 T. chopped fresh parsley</i> |
| <i>2 strips bacon, cooked and
crumbled</i> | |

PLACE potatoes, carrots, onions, celery, bacon and broth into saucepan. Heat to boil. Cover and cook over low heat 15 min. or until tender. Remove from heat. STIR in half and half, potato flakes and parsley. Heat through. Serves 4.

Norma Hartung

*S*PLIT PEA SOUP ❀

- | | |
|---|-------------------------------|
| <i>1 lb. cured ham (cut in small
cubes)</i> | <i>1 onion (chopped fine)</i> |
| <i>½ pkg. of split peas</i> | <i>4 potatoes</i> |
| <i>1 carrot (cut into small cubes)</i> | <i>little garlic</i> |
| <i>several stalks celery (chopped
fine)</i> | <i>few parley flakes</i> |

Cook split peas until done. Cook carrot cubes, celery, onion, salt and pepper till done. Boil 4 potatoes. When done mash in the same water. Mix altogether with peas, ham, carrots, celery, and onion. Add very little garlic and a few parsley flakes. Cook until all flavors are blended and soup is hot. Serve in soup bowls.

Note: I got this recipe from my German relatives when I went to visit them in Germany and find that it is very tasty.

Anita Fakes

*Problems do not go away. They must be worked through or
else they remain, forever a barrier to the growth and
development of the spirit.*

- M. Scott Peck, M.D.

TACO SOUP

1 ½ lb. ground beef
1 chopped onion
1 can great northern beans
1 can pinto beans
1 can whole kernel corn
1 can black eyed peas
1 can red kidney beans

1 can diced tomatoes
1 can tomatoes and green chilies
1 envelope taco seasoning
1 envelope ranch style dressing mix
1 - 16 oz. can of tomato sauce (optional)

Cook and crumble ground beef and chopped onion until meat is no longer pink, drain. Combine the remaining ingredients (pour juice and all into pan) with meat and onion in a large pot. Heat thoroughly on medium heat. Can be cooked overnight on low in a crock pot. Tastes better the next day. Makes a great do ahead soup. Serves 8-10.

Norma Hartung

TERESA'S CHILI

5 cans chili beans
2 lbs. ground beef
2 onions, chopped
2 T. cumin
1 T. Garlic powder
1 T. onion powder
2 T. chili powder (the more the better)

2 cans diced tomatoes with green chilies
½ C. vegetable oil
2 small pkg. favorite chili seasoning
V-8 juice

Fry ground beef until browned and crumbled. Add onions and continue cooking until onions are tender. Add 2 pkg. chili seasoning. Blend together well. Combine with remaining ingredients in large dutch oven. Top with several cups of V-8 juice to fill pot. Cook on simmer for 5-6 hours. Stir occasionally.

Teresa A. Sorensen

John 6:27 - "Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

*W*E LOVE IT CHILI

½ lb hamburger
1 can (15 oz) petite diced tomatoes
1 can minestrone soup

1 can Veg-all
1 can Ranch Style Beans
½ to 1 can Rotel (I use mild)

Brown hamburger and drain. Add rest of the ingredients. Mix well and simmer until well blended.

Note: Really fast, good and hearty. Especially good if you are dieting.

Pat Phillips

*W*ISCONSIN BLUE RIBBON CHILI

1½ lb. lean ground beef
1 stalk celery, diced
½ red bell pepper, diced
1 white onion, diced
1 (28 oz). can diced tomatoes
1½ C. tomato juice

2 C. water
2 T. chili powder
2 T. brown sugar
6 cubes beef bouillon
¾ C. uncooked elbow macaroni

1. Place ground beef into a large soup pot over medium heat. Cook the beef until it begins to lose its pink color, about 8 minutes, breaking the meat up into crumbles as it cooks; stir in celery, red bell pepper and onion. Cook until beef is browned, another 8 minutes. Drain excess fat. 2. Stir in diced tomatoes, tomato juice, water, chili powder, brown sugar and beef bouillon cubes; cover, reduce heat and simmer for 30 minutes. Stir in macaroni and continue simmering until the pasta is tender, about 10-15 minutes. Serve. As with all chili's, flavor intensifies with time.

Note: Wisconsin Chili's often use macaroni noodles. Be creative with your pasta. My wife likes to put Chili on a bed of spaghetti. Mid-Westerners like kidney beans; try some. Texans like steak. Chili is personal.

Larry E Sorensen

*Y*OU'LL GAIN POUNDS JUST LOOKING AT IT POTATO SOUP

- | | |
|---|-----------------------------|
| 2-3 C. diced ham (may substitute sausage) | 1 tsp. dill weed |
| 6 C. water | 7 cubes chicken bouillon |
| ½ C. diced onions | 30 oz. shredded hash browns |
| 1 tsp. garlic powder | 2 - 8 oz. pkg. cream cheese |
| | 4 oz. sour cream |

Add water, sour cream, cheese, butter, dill weed, garlic & bouillon in large pot. Bring to boil, turn down to simmer. Stir often until cheese & butter are melted. Add meat & bring back to a boil & then remove from heat. Add shredded hash browns, stir, cover, let sit for 5-10 minutes. (If making your own hash browns be sure to bake them partially done first)

Teresa A. Sorensen

SALADS

3 BEAN SALAD ☺

- | | |
|----------------------------------|-----------------|
| 1 can Green beans (drained) | ¾ cup sugar |
| 1 can Yellow wax beans (drained) | 1 tsp salt |
| 1 can Kidney beans (drained) | ⅓ cup salad oil |
| 1 small pepper (chop finely) | ⅔ cup vinegar |
| 1 small onion (chop finely) | |

Mix beans, green pepper, and onion. Mix remaining ingredients and pour over vegetables and chill overnight.

Note: Easy to make and something my husband really likes.

Betty McConnell

Colossians 1:6 - All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth.

7 LAYERED LETTUCE SALAD ➤

- | | |
|----------------------------------|------------------------------------|
| 1 head lettuce | 1 small sweet onion, diced |
| 1 cup celery (diced) | 8 slices bacon, fried and crumbled |
| 4 eggs, hard boiled and sliced | 2 cups Miracle Whip |
| 10 oz. pkg frozen peas, uncooked | 2 Tbs. sugar |
| ½ cup green pepper (diced) | Grated cheddar cheese |

Tear the cleaned, crispy lettuce into small bite sized pieces and place in a 9 x 13" glass dish or salad bowl. Layer rest of ingredients in following order celery, eggs, peas, green pepper, onion, bacon. Add the sugar to the Miracle Whip and spread over the top as you would frosting. Top with grated cheese. Cover and refrigerate 8 to 12 hours. Will keep up to two days before serving. At serving time one can garnish with additional bacon or parsley.

Norma Hartung

APPLE-PINEAPPLE SLAW

- | | |
|--|-------------------------|
| 3 cup shredded cabbage | 1 cup tiny marshmallows |
| 1 9 oz. can (1 cup) pineapple tidbits, drained | ½ cup chopped celery |
| | ½ cup mayonnaise |

Combine all ingredients. Be sure mayonnaise has coated everything. Pretty when served in a lettuce-lined bowl trimmed with apple wedges sprinkled with lemon juice. Sometimes I add sugar & to make it fluffy add cool whip too.

Note: This is one my granddaughter always asks for and I always enjoy making for her.

Betty McConnell

Proverbs 3:9-10 - Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.

*B*READ AND TOMATO SALAD

5 cups bread cubes
6 med. tomatoes cubed
1 red onion, chopped

¼ cup black olives, chopped
½ cup fresh basil, chopped

Combine all ingredients in a salad bowl.

Dressing

½ cup olive oil
¼ cup red wine vinegar
¼ cup lemon juice

¼ cup fresh basil, chopped
(optional)

Whisk together dressing ingredients and pour over salad. Add grated parmesan cheese.

Peg Dodge

*B*ROCCOLI SALAD ❀

1 cup mayonnaise
⅓ cup sugar
2 tsp vinegar
10 slices bacon (cooked and crumbled)

½ cup onion (finely chopped)
1 bunch fresh broccoli (chopped)
1 head fresh cauliflower (chopped)
salt and pepper to taste

Mix mayonnaise, sugar, and vinegar. Add remaining ingredients. Marinate overnight.

Note: This is another dish that can be prepared ahead of time.

Anita Fakes

Matthew 13:33 - He told them still another parable: "The kingdom of heaven is like yeast that a woman took and mixed into a large amount of flour until it worked all through the dough."

*B*BROKEN GLASS CAKE †

1 pkg. raspberry jello
1 pkg. lime jello
1 pkg. orange jello
3 cups boiling water
1½ cups cold water
1 cup pineapple juice

¼ cup sugar
1 pkg. lemon jello
1 pint sweet whipping cream
1 tsp. vanilla
½ cup water

Dissolve each package of raspberry, lime, and orange jello in one cup boiling water and ½ cup cold water. Pour into three 8" square pans and chill until firm. Blend pineapple juice, water, and sugar and bring to a boil. Add lemon jello and stir until dissolved. Chill until mixture is the consistency of unbeaten egg whites. Fold in one cup of the cream, which has been whipped until it is still shiny. Cut the three pans of jello into ½" cubes and fold into the lemon gelatin mixture. Pour into 9" tube or spring form pan and chill until firm. Unmold and frost with remaining whipped cream; flavored with vanilla. Sprinkle with coconut and nuts if desired. Keep refrigerated until ready to serve. (You may use a pretty clear bowl or a trifle bowl if you would rather not mess with unmolding from a pan.)

Note: This recipe is a little time consuming, but very tasty and looks pretty. One of Anita's grandsons often requested that she make this recipe. A great special occasion salad/dessert.

*Anita Fakes
Norma Hartung*

*G*ALICO SALAD

1 head cauliflower
2 broccoli stalks
2 green onions

½ small green pepper
½ cup shredded Colby Cheese
Ranch Style Buttermilk Dressing

Break up cauliflower and broccoli into bite size pieces. Finely chop green onion and green pepper. Combine all ingredients and mix with the dressing.

Laura Kolb Chadd

GARMEN SALAD

SALAD

*1 head lettuce
1 cup salted cashews
1 can chow mein noodles*

*1 can sliced water chestnuts
¼ cup salted sunflower nuts
1 bunch green onions (chopped)*

Wash lettuce and break up into a large bowl. Just prior to serving add cashews, noodles, chestnuts, sunflower seeds and onions to the lettuce.

DRESSING

*1 cup oil
⅓ to ½ cup cider vinegar
1 tsp salt
1 Tbs dried onions*

*1 tsp dry mustard
¼ cup sugar
1 Tbs poppy seed*

Mix dressing in a separate container with a tight lid. Shake dressing thoroughly and pour over salad just before serving.

Note: This makes a large salad and is very tasty even though there are some unusual ingredients.

Norma Hartung

CHEESE SALAD

*1 small can crushed pineapple
⅓ C. sugar
1 box orange Jello
1 C. cold water*

*1 - 8 oz. tub whipped topping
1 C. marshmallows
1 C. cheese, grated*

Heat crushed pineapple, sugar & orange Jello until dissolved. Remove from stove & add cold water. Cool in refrigerator until thickened. Add marshmallows & cheese to whipped topping. Blend into the Jello mixture. Refrigerate, then serve.

Goldie Kolb

CHERRY PIE FILLING SALAD ❀

- | | |
|--|--|
| <i>1 can cherry pie filling</i> | <i>1 ½ cups miniature marshmallows</i> |
| <i>1 8-oz. can crushed pineapple
(drained)</i> | <i>½ cup chopped pecans</i> |
| <i>1 can sweetened condensed milk</i> | <i>1 12-oz. container Cool Whip</i> |

Mix all ingredients together and let set several hours before serving. Refrigerate.

Anita Fakes

CHICKEN SALAD

- | | |
|--|-------------------------------|
| <i>1 (9.75 oz.) can chicken breast</i> | <i>1 large apple, chopped</i> |
| <i>12 red grapes</i> | <i>½ C. pecans, chopped</i> |
| <i>1 stalk celery, chopped</i> | <i>½ C. Miracle Whip</i> |

Make sure to wash celery and fruit before chopping, drain juice off chicken. Mix all together and eat on toasted, buttered bread. Can use more celery or Miracle Whip or what ever you like more or less of.

Note: Can freeze to put in soup or stove top stuffing. I pour mine over dog food for my 17 year old dog who loves it.

Geanetta Renner

CHICKEN SALAD

- | | |
|---|--------------------------------------|
| <i>1 - 9.75 oz. can chicken breast</i> | <i>¼ to ½ tsp. celery salt</i> |
| <i>¼ to ½ C. pickle relish (to taste)</i> | <i>1 or 2 stalks celery, chopped</i> |
| <i>½ C. Miracle Whip</i> | <i>1 small onion, chopped</i> |

Make sure to wash celery, then mix well all ingredients & eat on toasted bread or pita pocket bread with chips of choice.

Note: I use the same ingredients when using left over ham from Christmas or turkey from Thanksgiving. Use a processor on meat & add ingredients. You may have to use more or less depending on how much meat you have. My grandkids do not like the onion or celery so I used dry onions & celery salt for them.

Geanetta Renner

CHICKEN TOSTADA SALAD 🕒

- | | |
|-----------------------------------|------------------------------------|
| 1 pkg (8 oz.) salad greens | ¾ cup fresh salsa |
| 2 cups shredded cooked chicken | 4 cups corn tortilla chips |
| 1 cup cubed cheddar cheese, 6 oz. | ½ cup bottled spicy ranch dressing |

Arrange salad greens on individual serving plates. Top with chicken, cheese and salsa. Arrange chips around edge of platter. Drizzle with dressing. If desired, top with chopped fresh cilantro.

Betsy Ledin

CHRISTMAS JEWEL SALAD 🕒

- | | |
|--|------------------------------|
| 1 can (303) fruit cocktail | Mandarin Oranges, Maraschino |
| 1 container whipped topping | Cherries, etc. |
| Optional: Any amount of any of these. Coconut, Pecans, Small Marshmallows, | |

Drain cocktail very thoroughly (45 Min. to 1 hr.) Add 2 T. reserved juice to topping then stir in fruit cocktail. Refrigerate at least 1 hr. Add optional ingredients. Serve as a dessert by placing filling on a bed of graham crumbs.

Marvel Huskinson

CHRISTMAS SALAD 🕒

- | | |
|---|-----------------------------|
| 1 (21 oz.) can cherry pie filling | 1½ cups mini marshmallows |
| 1 (8 oz.) can crushed pineapple | 1 (12 oz.) carton Cool Whip |
| 1 (14 oz.) can sweetened condensed milk | ½ cup pecans broken |

Mix all together in medium-sized bowl. Keep in refrigerator. Serves 12.

Mary Ann Swepston

CHRISTMAS SALAD ②

1 can cherry pie filling
1 can Eagle Brand milk
1 tub Cool Whip

1 can drained, crushed pineapple
nuts (optional)

Mix all ingredients. One can freeze or refrigerate, your choice.

Sherry Kolb Savely

CRANBERRY DELIGHT

1 lb. fresh cranberries ground
1 lb, miniature marshmallows
1½ cups sugar
1 - 20 oz. can crushed pineapple
drained

¾ cup chopped nuts
1 container Cool Whip

Mix cranberries, marshmallows & sugar chill overnight. The next morning mix pineapple, nuts, Cool Whip with the cranberry mixture. Chill until firm and serve.

Betty McConnell

CRANBERRY SALAD †

1 pkg. cherry jello (small)
½ c. cold water
½ c. hot water
1 pkg. cranberries (ground)

1 c. crushed pineapple (drained)
1 container Cool Whip
½ c chopped nuts
1 c. sugar

Dissolve jello in water and let stand until it begins to jell. Mix ground cranberries with sugar, pineapple and nuts. When jello is almost set, fold in cranberry mixture then fold in the Cool Whip. Let set for 4 hours before serving.

Note: Janet was the wife of Konard Stevener. He lives in Wichita and still is a member of Zion.

*Janet Stevener
Betty McConnell
Pat Phillips*

CRANBERRY SALAD

1 pkg (12 oz.) fresh cranberries
2 cups water
1 - 1½ cups sugar
2 pkg (3 oz.) lemon jello

1 cup apple, finely chopped
1 cup celery, finely chopped
1 cup nuts, finely chopped, any kind

Cook cranberries in water until they pop. Then add sugar and jello. Stir until dissolved. Let cool. Then add apples, celery, and nuts. Pour into serving bowl or container. Chill until set.

Mrs. Wayne (Ronnie) Buskirk

CREAMY CORN SALAD

SALAD

2 -12 oz. cans whole kernel corn,
drained well
2 carrots, grated fine

1 green pepper, diced
1 red onion, diced

Toss vegetables.

DRESSING

¼ cup sour cream
¼ cup mayonnaise
2 Tbs prepared mustard

2 tsp white vinegar
1 tsp sugar
dash of black pepper

Pour dressing over vegetables. Mix well. Let stand 2 or 3 hours or overnight before serving.

Thaylia Deck

CUCUMBER SALAD

1½ C. sugar
1 tsp Accent seasoning
2 tsp dry mustard
1 large sweet onion
1½ C. white vinegar

1 tsp pepper
1 (8 oz) bag of pasta
1 tsp salt
1 tsp garlic salt
2 cucumbers

Cook pasta until done. Slice onion and cucumbers into thin slices. Make sure you wash the cucumbers if you leave the skin on them. Mix all ingredients together in a large bowl. Cover and place in fridge for 1 hour or over night.

Geanetta Renner

EASY FRUIT SALAD ☺

- | | |
|--|-------------------------------|
| 2 (3 oz) pkgs of cream cheese | 3 cups miniature marshmallows |
| 2 Tbs Miracle Whip | 1 small container Cool Whip |
| 3 Tbs pineapple syrup | 2 cups grapes cut in half |
| 1 20 oz can pineapple tidbits
(drained) | |

Blend together cream cheese and Miracle Whip; then blend in pineapple syrup. Add marshmallows and drained pineapple. Fold in Cool Whip and grapes.

Note: This is so easy and comes in great when you are in a hurry.

Betty McConnell

FROG EYE SALAD

- | | |
|--|-------------------------------|
| 1 cup Acine Depepe Macaroni
(cooked) | 1 cup sugar |
| 1 large can pineapple tidbits
(drained) | 3 Tbs flour |
| 2 cups mandarin oranges (drained) | 3 eggs (beaten) |
| | 2 cups miniature marshmallows |
| | 1 8 oz. container Cool Whip |

Cook macaroni in 4 cups salted, boiling water. Watch for sticking. Mix sugar and flour and reserved fruit juices (about 2 cups). Add eggs and cook until thick. Combine cooked custard with macaroni, fruit, and marshmallows and let stand overnight in refrigerator. Before serving add the Cool Whip.

Note: My children really liked this when they were all small because of the name of the salad.

Betty McConnell

John 15:16 - "You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name."

FRUIT AND ALMOND SALAD

1 pkg (5 oz) salad greens
1 can (11 oz) mandarin oranges,
drained
1 cup fresh raspberries

1 cup shredded Mozzarella Cheese
½ cup sliced almonds, toasted
¼ cup light raspberry vinaigrette
dressing

Combine all ingredients except dressing in large bowl. Drizzle with dressing just before serving; toss to coat. **HOW TO TOAST NUTS.** Toasting nuts adds crunch and intensifies their flavor. To toast nuts in the oven, spread nuts in single layer in shallow baking pan. Bake at 350° for 10 to 15 min or until golden brown, stirring occasionally.

Betsy Ledin

GRAPES AND SWEET ONION SALAD

1 pkg. Fresh Express Sierra Crisp
Herb
2 cups seedless red grapes

1 large sweet onion, minced
¼ cup pine nuts

Place greens into a large salad bowl. Add grapes, onion, and nuts. Toss.

DRESSING

2½ Tbs. olive oil
1 Tbs. balsamic vinegar

salt and pepper

Whisk together olive oil and vinegar in a small bowl. Add a dash of salt and pepper, to taste. Drizzle desired amount of dressing on salad, and toss. Serves 4.

Betsy Ledin

LEMON FLUFF SALAD

1 large can pineapple chunks
1 box instant lemon pudding mix
1 can mandarin oranges (drained)

1 small container Cool Whip
1 cup miniature marshmallows

Mix pineapple and pudding mix. Fold in Cool Whip, oranges and marshmallows. Chill.

Note: This is easy and fast when you are in a hurry.

Betty McConnell

MAKE-AHEAD LAYERED SALAD

<i>1 pound spinach, washed and torn into bite size pieces</i>	<i>4 hard boiled, sliced</i>
<i>1 small bunch red leaf lettuce</i>	<i>1 10 oz. pkg. frozen peas, thawed</i>
<i>1 8 oz. carton sour cream</i>	<i>½ cup chopped green onions</i>
<i>1 cup mayonnaise</i>	<i>8 slices bacon, cooked and crumbled</i>
<i>1 to 2 packages creamy Italian salad dressing mix</i>	

Combine spinach and lettuce. Place half of the greens in a large salad bowl. Combine sour cream, mayonnaise and salad dressing mix; stir well and spread evenly over the top of the greens. Layer egg slices, peas, ½ cup onion, ⅓ of the bacon bits and remaining salad greens. Spread remaining sour cream mixture over top. Cover and chill overnight. Garnish with additional onion and bacon.

*Kathy Lee
Thaylia Deck*

Genesis 1:30 - And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground - everything that has the breath of life in it - I give every green plant for food. And it was so.

*M*ANDARIN ORANGE SALAD ★

SALAD

- | | |
|--|---|
| 1 cup slivered almonds | 2 cups chopped celery |
| 6 Tbs sugar | 1 bunch green onions, chopped
using part of the stalks |
| 1 head iceberg lettuce, washed and
torn into small pieces | 1 - 11 oz. cans of mandarin
oranges, drained |
| 1 head romaine lettuce, washed
and torn into small pieces | |

In a skillet over medium heat, cook almonds in the sugar, stirring constantly until almonds are coated and sugar is dissolved. Cool. Mix the greens with celery and onions. Just before serving, add almonds, and the drained oranges. Toss with dressing.

DRESSING

- | | |
|-----------------------------|-----------------|
| 1 tsp salt | ¼ cup sugar |
| ¼ tsp black pepper | ¼ cup vinegar |
| ½ cup vegetable oil | Dash of Tabasco |
| ¼ cup chopped fresh parsley | |

Combine above ingredients in a jar. Shake and chill. The almonds and the dressing can be made ahead of time and keep well.

Note: I often make this for funeral dinners and everyone seems to like it so well.

Alice Jane Hayes

Proverbs 31:14-15 - She is like the merchant ships, bringing her food from afar. She gets up while it is still dark; she provides food for her family and portions for her servant girls.

*M*ANDARIN ORANGE SALAD WITH SUGARED WALNUTS

¼ cup sugared walnuts
3 Tbs vegetable oil
1½ Tbs cider vinegar
1½ Tbs white sugar
¾ tsp dried parsley
¾ tsp salt
small pinch black pepper
2-3 cups of wild baby greens or
mixed greens, rinsed, dried and
torn

2-3 green onions, sliced
¼ cup celery hearts, sliced on the
bias
6-8 oz can of mandarin oranges,
drained.

Combine the oil, vinegar, sugar, parsley, salt and pepper with a wire whisk in a bowl or shake the ingredients in a jar with a tight fitting lid and refrigerate until serving. In a bowl, toss together the salad greens, green onions, celery and oranges and just enough dressing to moisten well. Place the salad on chilled salad plates, mounding to the center of the plates and sprinkle with the sugared walnuts.

Betsy Ledin

*O*RANGE SALAD ☉

1 large container cottage cheese
1 large box orange jello (dry)
1 small container Cool Whip

2 small cans mandarin oranges
(drained)
marshmallows (optional)

Mix together and chill.

Betty McConnell

*O*RANGE SALAD

1 (3 oz.) pkg. tapioca pudding
1 (3 oz.) pkg. vanilla instant
pudding
1 (3 oz.) pkg. orange jello

2 cups hot water
1 (8 oz.) pkg. Cool Whip
1 can mandarin oranges, drained

Combine puddings and orange jello with hot water. Cook until thick, stirring constantly. Cool completely, fold in Cool Whip, add oranges. Chill until set.

Note: If you want a larger salad, add 1 small can drained pineapple.

Shelley Charles

PASTA SALAD ❁

10 oz. Rotini pasta
½ tsp. black pepper
1 tsp. accent
1 ½ cups sugar
1 cup vinegar
½ cup water

dash of garlic
2 tsp. prepared mustard
1 sm. jar chopped pimentos
1 chopped green pepper
1 med. finely chopped onion

Cook pasta until tender, 7-8 min. Rinse in cold water and drain. Add pimento, onion and green pepper. Mix remaining ingredients and pour over pasta and veggies. Mix well and refrigerate overnight.

Note: A quick and easy do ahead salad. Keeps well.

Anita Fakes

PEA SALAD Ⓢ

1 pkg. frozen green peas
1 cup chopped celery
¼ cup chopped red onion

Cole slaw dressing
6 strips bacon, fry and crumble
1 cup peanuts

Mix first 3 ingredients with dressing. Add bacon and peanuts.

Note: Bonnie is Harley Phillips' sister.

Bonnie Baker

QUICK FRUIT SALAD Ⓢ

1 can peach pie filling
1 10-oz. pkg. frozen strawberries
(thawed)
1 can pineapple chunks (drained)
4 - 5 sliced bananas

miniature marshmallows
(optional)
pecans - coarsely chopped
(optional)

Run a knife through pie filling to cut peaches into smaller pieces. Put pie filling in a large bowl. Add strawberries (undrained), drained pineapple, sliced bananas, marshmallows, and pecans if you want. Stir all ingredients and refrigerate. More strawberries or bananas may be added if you want a larger batch. Can be made the day before serving.

Note: This is a recipe I often make for the holidays or family gatherings. It is very versatile, and I love the fact it can be made the day before to avoid last minute rushing. It is a favorite for children as well.

Norma Hartung

*R*HUBARB SALAD

2 C. rhubarb, cut fine

$\frac{1}{3}$ C. sugar

1 small can pineapple, crushed

1 pkg. - 3 oz. strawberry Jello

$\frac{1}{4}$ C. nut meats, finely chopped

Combine rhubarb, sugar & pineapple. Heat until rhubarb is tender. Remove from heat & add Jello. Stir in nuts. Cool in refrigerator until set.

Larry 'E Sorensen

*R*ITZ CRACKER SALAD

CRUST AND TOPPING

60 Ritz crackers, rolled or crushed 1 stick melted oleo

Mix cracker crumbs and melted oleo. Press $\frac{1}{2}$ of mixture in bottom of 9 x 13" pan. Reserve the 2nd half for the top.

SALAD

$\frac{1}{4}$ cup sugar

1 (8 oz.) container Cool Whip

1 (8 oz.) frozen orange juice
concentrate

1 large can mandarin oranges,
drained

1 small can crushed pineapple,
drained

1 can Eagle Brand Sweetened milk

Mix all ingredients together, place over bottom layer of crackers. Sprinkle the reserved cracker crumb mixture on top. Very good and refreshing.

Betsy Ledin

John 6:51 - "I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

*R*UTH'S CRANBERRY JELLO SALAD †

*1 package fresh cranberries,
washed & sorted
1 large orange*

*¾ cup sugar
3 packages cherry jello
3 cups boiling water*

Grind cranberries and orange (rind also) in food chopper. Stir in sugar to blend. Set aside. Dissolve Jello in boiling water. Cool until mixture begins to thicken. Add cranberry and orange mixture. Pour into bowl and chill overnight.

*Betsy Ledin
Ruth Ledin*

*S*PINACH SALAD WITH ORANGES

SALAD

*1 package (10 oz.) fresh spinach
(torn)
1 can (11 oz.) mandarin oranges
(drained)*

*1 cup sliced fresh mushrooms
3 bacon strips, cooked and
crumbled*

In a large salad bowl, toss the spinach, oranges, mushrooms, and bacon. Set aside.

DRESSING

*3 Tbs. ketchup
2 Tbs. cider vinegar
1½ tsp. Worcestershire sauce
¼ cup sugar*

*2 Tbs. chopped onion
⅓ tsp. salt
Dash of pepper
½ cup vegetable oil*

In a blender combine ketchup, vinegar, Worcestershire sauce, sugar, onion, salt and pepper; cover and process until smooth. While processing, gradually add oil in a steady stream. Serve with salad.

Peg Dodge

*S*TRAWBERRY BANANA SALAD ❁

- | | |
|--|---|
| <i>1 lg. or 2 sm. boxes of Raspberry Jello</i> | <i>1 lg. can crushed pineapple, undrained</i> |
| <i>3 cups water</i> | <i>4-5 mashed bananas</i> |
| <i>1 10 oz.. bag of frozen strawberries, thawed, undrained</i> | <i>pecans (optional)</i> |

Bring 3 C. water to a boil, pour over Jello, stir until dissolved. When Jello cools, add strawberries, crushed pineapple, mashed bananas and nuts if desired. Stir and refrigerate until set.

Anita Fakes

*T*AILGATE SALAD ②

- | | |
|------------------------------------|----------------------------|
| <i>1 (16½ oz.) can corn</i> | <i>1 cup chopped onion</i> |
| <i>1 (16½ oz.) can green beans</i> | <i>1 small jar pimento</i> |
| <i>1 (16½ oz.) sweet peas</i> | <i>1 cup sugar</i> |
| <i>1 cup chopped celery</i> | <i>¼ cup vinegar</i> |
| <i>1 cup chopped green pepper</i> | <i>½ cup salad oil</i> |

Drain vegetables. Mix well sugar, vinegar, and oil. Cook briefly. While hot mix with vegetables. Refrigerate overnight. Keeps up to 3 weeks. The recipe can be cut in half and use the small 8 oz. cans of vegetables

Betsy Ledin

*T*APIOCA SALAD

- | | |
|---|--------------------------------------|
| <i>2 (3 oz.) pkg. tapioca dessert mix</i> | <i>1 can mandarin oranges</i> |
| <i>1 (3 oz.) pkg. orange jello</i> | <i>1 (8 oz.) container Cool Whip</i> |

Mix the tapioca and jello mixes (powder only). Drain mandarin oranges and save juice. Add enough water to juice to make 3 cups. Bring juice/water to a boil and stir into jello and pudding mixture and cook until it thickens. Cool. Add oranges and Cool Whip. Pour in a dish and refrigerate.

Betsy Ledin

THREE BEAN SALAD

- | | |
|---|---------------------------|
| 1 lb. can cut green beans | $\frac{1}{2}$ cup sugar |
| 1 lb. can wax (yellow) beans | $\frac{2}{3}$ cup vinegar |
| 1 can red kidney beans | $\frac{1}{2}$ cup oil |
| $\frac{1}{2}$ cup chopped green peppers | 1 tsp. salt |
| $\frac{1}{2}$ cup chopped onion | Dash of pepper |
| $\frac{1}{2}$ cup chopped celery | |

Drain beans. Add pepper, onions and celery. Combine sugar, vinegar, oil, salt and pepper. Heat until sugar dissolves. Pour over beans, pepper, onion and celery mixture. Chill overnight or several hours. Be sure the vegetables are coated. Serves 6-8.

Thaylia Deck

TROPICAL SALAD

- | | |
|---|---|
| $\frac{1}{2}$ cup strawberry yogurt | $\frac{1}{2}$ cup shredded coconut |
| 2 Tbs olive oil | $\frac{1}{2}$ cup strawberries, thinly sliced |
| $1\frac{1}{2}$ tsp white balsamic vinegar | $\frac{1}{2}$ cup mandarin orange slices |
| 5 cups spring salad mix | |

Whisk the yogurt, olive oil and vinegar in a bowl until blended. Toss the salad greens, coconut, strawberries and mandarin oranges in a bowl. Add the yogurt dressing and mix to coat. Serve immediately. Refrigerate any leftovers. Serves 4

Betsy Ledin

WATERGATE SALAD

- | | |
|----------------------------------|------------------------------|
| 1 - 8 oz. tub of whipped topping | 1 C. miniatures marshmallows |
| 1 box instant pistachio pudding | $\frac{1}{2}$ C. nuts |
| 1 - 16 oz. can crushed pineapple | |

Fold dry pudding mix into whipped topping. Add pineapple & juice. Add marshmallows & nuts. Refrigerate. Serve when chilled & set.

Goldie Kolb

WILTED LETTUCE

Fresh leaf lettuce
6 slices of bacon cut in small pieces
6 green onions chopped finely
¼ cup + 2 Tbs sugar

½ tsp salt
¼ tsp pepper
¼ tsp celery seed
¼ cup + 1 Tbs vinegar

Chop up lettuce and onion. Fry bacon and cool. To the bacon add sugar, salt, pepper, celery seed, and vinegar. Return to the stove and bring to a boil, then remove immediately and pour over onion and lettuce.

Note: This is something as a kid I really liked going to the garden for my grandma. I really did like the wilted lettuce grandma fixed for us!

Betty McConnell

SAUCES & DRESSINGS

COLE SLAW DRESSING ❀

1 cup Miracle Whip (1 qt.)
1 cup sugar (4 cups)
3 Tbs. salad oil (¾ cup)
2 Tbs. vinegar (½ cup)

½ tsp. salt (2 tsp.)
Little garlic (¼ tsp.)
1 tsp. whole celery seed (1 Tbs.)

Mix well all ingredients together. Amounts in () are to make 2 Quarts of dressing for a large batch of cole slaw.

Note: This is the recipe I used to make cole slaw at "Snack Haven" a number of years ago.

Anita Fakes

EASY PASTA SAUCE 🕒

1 can chicken broth
½ C. Mayo

½ C. grated parmesan
1 tsp. dill weed

MIX all ingredients with a wire whisk. TOSS with pasta OR vegetables and chicken. Refrigerate at least 3 hrs., stirring occasionally.

Note: Try fresh grated parmesan and NOTICE the difference.

Larry E Sorensen

EASY PESTO SAUCE

½ C. chicken broth
1 C. fresh basil leaves

2 cloves garlic
¼ C. favorite cheese

In a blender or food processor blend all ingredients until smooth.
Toss with pasta or use as a sauce for chicken and fish.

Larry E Sorensen

Revelation 2:7 - He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will give the right to eat from the tree of life, which is in the paradise of God.

Recipe Favorites

Vegetables and Side Dishes



Araya Palmatier, age 8

Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

Vegetables & Side Dishes



VEGETABLES

*B*LENDER COLE SLAW

COLE SLAW

4 C. cabbage cut into wedges
½ C. chopped carrots
¼ onion

1 C. chopped celery
½ C. chopped green peppers

1. Place cabbage in blender (or processor) and cover with water, blend 5 seconds on chop as fine as you like. Drain. 2. Place carrots, celery, onion, green pepper in blender. Cover with water and blend on chop to desired consistency. Drain. Combine with cabbage.

DRESSING

½ C. sour cream
2 T. vinegar
½ tsp. salt

⅛ tsp. pepper
2 T. sugar

Blend on low until creamy. Mix with vegetables.

Marvel Huskinson

Colossians 1:10 - And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God.

BROCCOLI-CARROT LASAGNA

9 dried lasagna noodles
3½ cup milk
½ cup all-purpose flour
1 tsp. salt
½ tsp. dry mustard
¼ tsp. black pepper

¼ cup grated parmesan cheese
1 16 oz. package frozen cut
broccoli, thawed and drained
1 cup shredded carrots (2 medium)
2 cups shredded cheddar cheese

Preheat oven to 350°. Lightly grease baking dish; set aside. Cook lasagna noodles according to package directions; drain. Rinse with cold water; drain again. Place noodles in a single layer on a sheet of foil; set aside. Meanwhile, for sauce: In a medium sauce pan whisk together about 1 cup of the milk and the flour until smooth. Stir in the remaining milk, the salt, dry mustard, and black pepper. Cook and stir on medium heat until thickened and bubbly. Remove from heat; stir in parmesan cheese. Arrange 3 of the cooked noodles in prepared baking dish. Top with half of the broccoli, half of the carrots, ¾ cup of the cheddar cheese, and 1 cup of the sauce. Repeat layers. Top with the remaining 3 cooked noodle, the remaining sauce, and the remaining ½ cup cheddar cheese. Bake, uncovered, for 35 to 40 minutes or until heated through. Let stand for 15 minutes before serving.

Note: Serve this veggie-packed lasagna as a meal in itself or make it a side to accompany roasted chicken or pork.

Norma Hartung

GINDY'S CORN CASSEROLE

2 cans cream-style corn
1 cup milk
1 well beaten egg
1 cup cracker crumbs
¼ cup chopped onions

3 Tbs. pimentos (optional)
¾ tsp. salt (optional)
pepper to taste
½ cup buttered cracker crumbs

Heat corn and milk in a sauce pan. Stir in egg. Add remaining ingredients except buttered cracker crumbs. Pour in a greased casserole dish and bake for 15 minutes at 350°. Remove and add the buttered cracker crumbs. Return to the oven for 5 minutes.

*Cindy Martin Adams
Thaylia Deck*

COPPER PENNY CARROTS

1 lb. cooked and sliced carrots
1 onion (chopped)
1 green pepper (chopped)
1 can tomato soup (undiluted)
salt and pepper to taste
¼ cup salad oil

¼ cup vinegar
½ cup sugar
1 Tbs worcestershire sauce
1 tsp prepared mustard
Dash of hot pepper sauce

Mix soup, oil, vinegar, sugar, and seasonings. Pour over vegetables and refrigerate overnight.

Betty McConnell

CREAMY CORN ②

2 (10 oz.) pkgs. frozen corn
2 Tbs. sugar
1 (8 oz.) cream cheese

¼ cup butter
6 Tbs. of water

Cook all in slow cooker for 4 hours on low setting. Stir occasionally. Serves 8.

Mary Ann Sweptson

HONEY GLAZED CRANBERRY CARROTS ①

½ C. orange juice
½ C. dried cranberries
¼ C. butter

2 T. honey
1 T. ground ginger
2 lbs. baby carrots

1. Place carrots in a large saucepan with water to cover. Bring to boil. Cover and cook until tender, about 20 minutes. Drain well. Set aside. 2. Combine remaining ingredients in a sauce pan. Bring to boil over medium heat, stirring constantly. Simmer about 10-15 minutes or until glaze is thickened. Add honey-cranberry mixture to carrots; toss well. Serve.

Larry E Sorensen

MARINATED VEGETABLES ②

VEGETABLES

1 - 20 oz. can small peas
1 can French style green beans
1 - 16 oz. can sliced carrots
1 medium onion, chopped

1 small green pepper, diced
4 stalks celery, finely chopped
2 oz. jar mushrooms, (optional)
2 oz. jar pimento, (optional)

MARINADE

½ tsp. dry mustard
½ tsp. paprika
1½ C. sugar
½ C. salad oil

½ tsp. salt
¼ tsp. celery seed
1 C. vinegar

In a large salad bowl, drain & combine all vegetables. In separate bowl Combine all marinade ingredients. Add to vegetables & blend well. Refrigerate for 24 hours. Drain. Serve.

Goldie Kolb

TOMATO ZUCCHINI BAKE

1 zucchini, sliced
1½ cup fresh or frozen corn
kernels,
1¼ lbs sliced tomatoes (vine
ripened)

½ cup panko (Japanese
breadcrumbs)
¼ cup grated Parmesan cheese

Preheat oven to 400°. Coat a 2 quart shallow baking dish with cooking spray. Alternately layer sliced zucchini, corn, and sliced tomatoes. Combine panko and parmesan cheese. Sprinkle on top. Bake uncovered in the center of oven 30 minutes or until top is golden brown. Cover with foil and bake 10 minutes more or until vegetables are tender. Serve immediately.

Staci Rice

POTATOES

*B*AKED POTATO BLISS

5 lbs. red potatoes	2 T. parsley flakes
5 slices bacon, chopped	1 tsp. oregano
3 - 16 oz. containers of sour cream	1 tsp. basil
8 oz. french fried onions	1 T. salt
1 small onion, diced	1 T. ground pepper
1 can black olives, cut in chunks	2 T. lemon juice
4 oz. mushrooms, cut in chunks	
2 C. sharp cheddar cheese, shredded	

ONE: Bake potatoes for 25 minutes in microwave oven or until nearly done. Remove and cool by running cool water over them. Cut into bite size chunks. TWO: Cut bacon into small chunks and fry until nearly crisp. Set aside bacon & drippings. THREE: Except French fried onions, combine 1 ½ C. cheese and ALL remaining ingredients into large mixing bowl. Combine mixture with bacon, bacon drippings & potatoes. Mix thoroughly. Fold French fried onions into mixture. Put into oiled 9x13x3 inch baking pan and bake at 350° for 30 minutes. Top with remaining cheese. Serves 24-30.

Note: Needing something to add to a side for Zion's "Grill Night" I developed this recipe from scratch using as inspiration a cold salad I'd seen in a local deli. It worked well. Thanks to those brave enough to try it for the first time.

Larry E Sorensen

*C*HEESE POTATOES ②

potatoes (diced)	cheese
cream sauce	

Peel potatoes, boil, dice into a bowl. Make a cream sauce with cheese and cover potatoes with it. Be sure potatoes are covered. Bake at 350° till hot and bubbly.

Note: Use your favorite cream sauce recipe and add cheese. Amounts can vary by the number of servings needed.

Nancy Prieb

COCONUT - PECAN SWEET POTATOES

<i>4 pounds sweet potatoes, peeled and cut into chunks</i>	<i>1/3 cup reduced-fat butter, melted</i>
<i>1/2 cup chopped pecans</i>	<i>1/2 tsp ground cinnamon</i>
<i>1/2 cup flaked coconut</i>	<i>1/4 tsp salt</i>
<i>1/3 cup sugar</i>	<i>1/2 tsp coconut extract</i>
<i>1/3 cup packed brown sugar</i>	<i>1/2 tsp vanilla extract</i>

Place sweet potatoes in a 5-qt. slow cooker coated with cooking spray. Combine pecans, coconut, sugar, brown sugar, butter, cinnamon, and salt; sprinkle over potatoes. Cover and cook on low for 4 hours or until potatoes are tender. Stir in extracts. 12 servings.

Norma Hartung

PEOPLES RAVE DO AHEAD POTATOES ❄

<i>12 lg. potatoes (peeled and boiled)</i>	<i>1 tsp. onion powder</i>
<i>1 pkg. cream cheese</i>	<i>1/4 cup melted oleo</i>
<i>1 8 oz. container commercial sour cream</i>	<i>paprika</i>

Combine potatoes, cream cheese, sour cream and onion powder. Add a small amount of milk and whip or mash until fluffy. Spread potatoes in an 9 x 13" pan. Refrigerate or freeze until ready to serve. Drizzle the potatoes with the melted oleo and sprinkle with paprika. Bake in 350° oven for 1 hour. Serve with any meat. Need not use gravy.

Note: This is a great do ahead potato recipe and very tasty.

Anita Fakes

John 15:1-2 - "I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."

*S*WEET POTATO CRUNCH *f*

SWEET POTATOES

3 C. sweet potato, cooked and
mashed
1 C. sugar
½ tsp. salt

2 eggs, beaten
4 tsp. butter or margarine, melted
½ C. milk
½ tsp. vanilla

Mix mashed potatoes with sugar, salt, eggs, butter, milk and vanilla. Spread in a 9 x 13" baking dish.

TOPPING

1½ C. brown sugar, firmly packed ¾ C. pecans, chopped
½ C. butter or margarine, melted

Mix ALL topping ingredients and spread evenly over potatoes. Bake at 350° for 35 minutes.

Larry E Sorensen

*T*WICE BAKED POTATOES

4 large Baking Russet Potatoes
6 strips bacon
½ cup chopped onion (optional)

1 stick oleo or margarine
4 slices American cheese.

Preheat oven to 400°. Scrub potatoes. Bake potatoes wrapped in foil 1 hour. Fry bacon, cut up into small strips - not too crispy, still a little soft-drain on paper towel. Let potatoes cool some - then cut them in half length-wise. Let cool. Place potatoes in a dish with sides. Dig out the inside of potatoes, leaving a shell (do it carefully). Put the dug out potatoes in a large mixing bowl and add remaining ingredients to the potato pulp and mix with hand mixer. Put mixture back in potato shells. Rewarm in oven about 30 min. or until hot. Serve.

Thaylia Deck

*T*WICE-AS-NICE MASHED POTATOES

<i>1 large whole garlic bulb</i>	<i>½ cup milk</i>
<i>2 Tbs olive oil</i>	<i>¼ cup butter, softened</i>
<i>1½ lbs. red potatoes, peeled and cubed</i>	<i>½ tsp. dried rosemary, crushed</i>
<i>1½ lbs. sweet potatoes, peeled and cubed</i>	<i>½ cup grated Parmesan cheese</i>
	<i>salt and pepper to taste</i>

Remove papery outer skin from garlic (do not peel or separate cloves). Brush with oil. Wrap bulb in heavy-duty foil. Bake at 425° for 30-35 minutes or until softened. Cool for 10-15 minutes; peel garlic and reserve oil. Reduce heat to 400°. Place red and sweet potatoes in separate saucepans; cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. Place both potatoes in a large bowl. Add the milk, butter, rosemary, roasted garlic and reserved oil; beat until smooth. Stir in Parmesan cheese, salt and pepper. Transfer to a greased 1½ qt baking dish. Cover and bake for 25-30 minutes or until heated through. Yield: 6-8 servings.

Norma Hartung

BEANS & RICE

*A*WESOME SMOKED BAKED BEANS

<i>6 cans or equivalent of your favorite beans</i>	<i>1 Tbs. smoked paprika</i>
<i>½ lb. bacon with grease</i>	<i>2 t. dry mustard</i>
<i>1 lg. onion, chopped</i>	<i>2 t. honey</i>
<i>¼ t. garlic powder</i>	<i>¼ cup brown sugar</i>
<i>½ t. cumin</i>	<i>1 Tbs. maple syrup</i>
	<i>1 Tbs. apple cider vinegar</i>

Fry bacon until brown but not crisp. Reserve drippings. Mix garlic, cumin, smoked paprika, dry mustard and onion in drippings and simmer 2-3 minutes. Blend beans, honey, brown sugar, maple syrup and vinegar. Stir well to evenly mix drippings. Add remaining ingredients. Mix well. Smoke in smoker 1-2 hours. Then bake at 350° until at preferred consistency.

Note: I like to make my beans from scratch but canned beans of any kind will work. You may want to substitute some BBQ sauce instead of syrup, honey and brown sugar. Experiment and enjoy.

Larry E Sorensen

*B*AKED BEANS

1 lb hamburger
1 chopped onion
1 tsp. salt
3 cups brown sugar
 $\frac{1}{4}$ cup barbeque sauce
2 Tbs. mustard
1 can pork and beans

$\frac{1}{2}$ lb. bacon-coarsely chopped
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. chili powder
 $\frac{1}{4}$ cup catsup
2 Tbs. molasses
1 can red beans
1 can butter beans

Brown and drain hamburger, bacon, and onions. Combine all ingredients. Bake 1 hour at 350°.

Gerry Kolb Brunton

*E*ASY BAKED BEANS †

42 oz. pork and beans
6 to 8 strips bacon
3 to 4 Tbs. mustard

$\frac{1}{2}$ to $\frac{3}{4}$ cup brown sugar
1 to 1 $\frac{1}{2}$ cups catsup
1 chopped onion

Stir all ingredients together in a large baking dish. Bake at 350° for 1 to 1 $\frac{1}{2}$ hours.

Beverly Kolb Wilder
Goldie Kolb

*F*AST AND GOOD BAKED BEANS FOR TWO ☺

1 (15 oz.) can pork and beans,
drained

$\frac{1}{4}$ cup ketchup
 $\frac{1}{3}$ cup brown sugar

In small sauce pan, mix all ingredients. Cook over low to medium heat. Stir often so beans won't stick. When heated through, serve.

Zach Phillips

*F*LORIDA BAKED BEANS

5 cans beans (all different)	2 Tbs corn starch
1 can Bush's baked beans, tall	2 Tbs onion, chopped
8 slices bacon	½ cup cider vinegar
1 cup brown sugar	2 Tbs white sugar

Brown bacon. Remove from pan. Place all ingredients but beans and bacon into bacon drippings. Cook on low for 20 minutes stirring occasionally. Add beans and stir to combine. Add bacon. Pour into greased 9 x 12" casserole. Bake at 350° for 1 hour.

Mrs. Wayne (Ronnie) Buskirk

*G*REEN BEAN AND MUSHROOM CASSEROLE

1 16 oz can of green beans or 1 lb fresh green beans cut in one inch pieces	1 tsp. seasoned salt
¼ cup chopped cashew nuts	¼ tsp. salt
¼ cup butter	¼ tsp. pepper
1 small jar mushrooms sliced	1½ cup milk
3 Tbs. flour	1 Tbs. instant minced onions
	3 Tbs. parmesan cheese

Cook nuts in butter 5 minutes. Remove nuts. Add mushrooms to remaining butter and cook until lightly browned. Blend in flour and seasoning. Add milk and cook stirring until thickened. Add beans, half the nuts and onion. Mix well and pour into shallow casserole. Sprinkle with remaining nuts and cheese. Bake in 350° oven about 20 minutes.

*Katie Lee
Thaylia Deck*

*G*REEN BEANS IN TOMATO SAUCE

4 cans sliced green beans, drained	½ pkg. bacon, diced
2 cans tomato soup	1 medium onion diced
¾ cup brown sugar	

Fry diced bacon until semi-crisp. Cook onion with bacon until soft. Drain bacon/onion mixture. Put drained beans in a sauce pan. Add soup, brown sugar, and bacon/onion mix. Stir and heat through until sugar is dissolved. Pour into baking dish and bake 1 hour at 350°.

Alice Jane Hayes

GREEN BEANS WITH SWEET-SOUR SAUCE

1 can green beans (303)
3 strips bacon
1 Tbs vinegar
4 Tbs onion, chopped fine

1 Tbs green pepper, chopped fine
1 Tbs sugar
½ tsp salt
¼ tsp pepper

Heat beans, drain & save liquid. Cut bacon into small pieces: fry until brown. Add liquid from beans, vinegar, onion, peppers & seasonings: blend. Pour over beans. Keep hot. Let stand 10 min. before serving.

Betty McConnell

GREEN RICE

1 - 7 oz. box (approx. 2 C.) instant
rice
½ lb. cheddar cheese, grated
1 - 10 oz. pkg. broccoli, chopped
½ C. melted butter or margarine

⅔ C. milk
1 medium onion, chopped
1 - 10.5 oz. can cream of celery or
cream of mushroom soup
2 eggs

Cook rice according to directions. Cook broccoli until tender, about 6 minutes. Drain. Combine rice & broccoli. Add remaining ingredients & mix well. Pour into 9 x 13 baking dish. Cover with foil. Bake at 350° for 1 hour. Serves 10-12.

Goldie Kolb

OTHER SIDES

BEST DEVILED EGGS

6 hard-boiled eggs
2 T. sweet onion, minced
2 tsp. pickle relish
1 T. mayonnaise
2 tsp. creamed horseradish sauce

2 tsp. yellow mustard
salt to taste
Garnish: paprika, olives, chives,
parsley, pimento

Slice hard boiled eggs in half lengthwise. Remove egg yolks to a bowl & set egg whites aside. Mash the egg yolks until crumbly. Add sweet onion, pickle relish, mayo, horseradish sauce, mustard & salt to taste. Mix until creamy. Pipe into egg white halves. Garnish with choice. Refrigerate.

Larry E Sorensen

*B*ROCCOLI CASSEROLE

1 lb. hamburger
2 cans crescent rolls
1 8 oz. pkg. cream cheese

1 pkg. frozen broccoli
shredded cheese

Line 9 x 13" pan with 1 can rolls. Fry and drain hamburger. Add broccoli and cream cheese. Stir. Spread over crescent rolls. Top with cheese and spread other can of crescent rolls over top and seal perforations. Bake at 350° for 20 to 30 minutes.

Laura Kolb Chadd

*C*HEESE - PEAS - BROCCOLI CASSEROLE

1 pkg. frozen peas, cooked and
drained
1 pkg. frozen broccoli, cooked and
drained

1 can mushroom soup
1 sm. jar of Cheez Whiz or diced
cheese
canned onion rings

Put cooked vegetables in greased casserole. Add soup and cheese and stir. Top with bread crumbs or onion rings and bake at 350° for about 30 minutes.

Norma Hartung

*N*ACHO HASH BROWN CASSEROLE

1 pkg. (32 oz.) frozen cubed hash
brown potatoes, thawed
1 can condensed cream of celery
soup, undiluted
1 can condensed nacho cheese
soup, undiluted

1 large onion, finely chopped
1 cup reduced-fat sour cream
½ cup butter, melted

In a greased 3-qt slow cooker, combine the hash brown, the soups, butter, and the onion. Cover and cook on low for 3-4 hours or until potatoes are tender. Stir in sour cream. Cover and cook 15-30 minutes longer or until heated through.

Norma Hartung

SCALLOPED CAULIFLOWER CASSEROLE

1 med. head cauliflower, cut into
flowerets

1 can cream of mushroom soup

½ cup milk

¾ cup shredded cheddar/longhorn
cheese

¼ cup bread crumbs

1 Tbs butter

To cook cauliflower, cover in a small amount of boiling salt water 8 to 10 min. Do not overcook. Drain. Arrange cauliflower in lightly greased casserole. Combine soup, milk, and cheese. Spoon mixture over cauliflower. Combine bread crumbs and butter. Sprinkle evenly over cauliflower. Bake at 350° for 30 min.

Kathy Lee
Thaylia Deck

THAYLIA'S DRESSING

2 chicken bouillon cubes

3 cups water

½ cup margarine

2 bags Pepperidge Farm stuffing
mix

3 eggs

⅓ cup celery, diced

⅓ cup onion, diced

salt and pepper

Dissolve bouillon cubes in water. Add remaining ingredients. Mixture should be runny. Bake at 350° for 35 minutes.

Thaylia Deck

VEGETABLE CASSEROLE

1 can French cut green beans

1 can shoe peg corn

1 cup shredded cheddar cheese

½ cup chopped onion

1 carton sour cream

1 can sliced water chestnuts

1 can cream of celery soup

1 sleeve Ritz crackers

1 stick oleo

Mix all ingredients and place in a greased 9 x 13" baking pan. Sprinkle with 1 sleeve of crushed Ritz crackers which have been mixed with 1 stick of melted margarine or butter. Bake for 40 minutes at 400°.

Norma Hartung

Recipe Favorites

Quick and Easy Casseroles and Slow Cooker



Ariel Palmatier, age 7

Freezing Prepared Foods

PACKING MATERIALS

- Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture-vapor resistant or the food will dry out.
- Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are not suitable because they are not moisture-vapor resistant.
- Select a size that will hold enough vegetable or fruit for a meal for your family.
- Select containers that pack easily into a little space.
- Consider cost of containers and if they are reuseable or not. If they are reuseable, a high initial cost may be justified.
- Fill packages carefully, allowing for the necessary head space for the particular kind of food.
- Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.
- Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add 1/2 teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use 1/4 teaspoon ascorbic acid in 1/4 cup cold water to each quart of fruit.

GENERAL INFORMATION

- Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.
- Cheese or crumb toppings are best added when the food is reheated for serving.
- Pastry crumbs frozen unbaked are more tender and flaky, and have a fresher flavor than those baked and then frozen.
- Cool the cooked food quickly. Pour out in shallow pans and place the uncovered pan of food in iced or very cold water; change water to keep it cold.
- As soon as the food is cool—60° F or less—pack promptly into moisture-vapor resistant containers or packaging material. Pack tightly to force out as much air as possible.

Quick & Easy - Casseroles & Slow Cooker

CROCK-POT

*B*AKED APPLES - CROCK POT ❁

6 large cooking apples
¾ cup orange juice
2 tsp grated orange rind
1 tsp grated lemon rind

¾ cup water
¼ tsp cinnamon
½ cup brown sugar
whipped cream or cool whip

Remove core from apples and place in crockpot. Mix together all other ingredients except whipped cream. Pour over apples. Cover pot and cook on low for about 3½ hours or until apples are tender. Cool and serve with whipped cream.

Anita Fakes

*B*ROCCOLI WITH TOASTED GARLIC (AND HAZELNUT)

2 lbs. broccoli florets
1 C. lg. raw hazelnuts
1 head garlic, peeled (12 cloves)
2 T. olive oil

2 lemons, juiced
½ tsp. kosher salt
½ tsp. pepper

Use a 4 qt. crock-pot. Wash & trim broccoli and add to pot. Add peeled garlic with salt & pepper. Add hazelnuts. Squeeze lemon juice evenly over the top. Toss. Cook & cover on high for 2 hours or on low for 4 hours. Finished when broccoli reaches desired tenderness. I like them al dente.

Larry E Sorensen

CONFETTI SCALLOPED CORN

(VEGETABLE SIDE DISH)

- | | |
|----------------------------------|-----------------------------------|
| 2 eggs, beaten | 1 can cream style corn |
| 1 C. light sour cream | 2-3 T green jalapeño salsa |
| ¼ C. melted butter | (chopped green chilies, optional) |
| 1 small onion, finely chopped OR | 1 small box cornbread mix (Jiffy |
| 2 T. dried onion | or similar) |
| ½ C. finely chopped bell pepper | 1 tsp. sugar |
| 1 can corn (drained) | salt and pepper |

Mix all ingredients together well; pour into a lightly buttered 3½-quart slow cooker/crock pot. Cover and cook on high for 2½ hours. Serves 6-8.

Larry E Sorensen

COWBOY BEAN DINNER

- | | |
|------------------------------------|------------------------|
| 1 lb. ground beef | 1 C. ketchup |
| ¾ lb. bacon, cut into small pieces | ¼ C. brown sugar |
| 1 C. chopped onion | 3 T. white vinegar |
| 2 cans pork & beans | 1 T. liquid smoke |
| 1 can kidney beans | Salt & Pepper to taste |
| 1 can butter lima beans | |

Brown hamburger, bacon & onion. Drain. Add remaining ingredients to crock-pot. Stir well. Cover & cook on low 4 to 9 hours. Add a little corn for color.

Larry E Sorensen

John 6:35 - Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

CROCK POT BEANS

- | | |
|---|---|
| <i>½ lb. ground beef, browned and drained</i> | <i>1 (16 oz.) can butter lima beans (drained)</i> |
| <i>¾ lb. bacon (cooked and crumbled) retain some drippings for flavor</i> | <i>1 C. ketchup</i> |
| <i>1 C. chopped onion (browned with bacon)</i> | <i>½ C. brown sugar (packed)</i> |
| <i>2 (20 oz.) cans of pork and beans</i> | <i>3 T. white vinegar</i> |
| <i>1 (16 oz.) can kidney beans (drained)</i> | <i>1 tsp. black pepper</i> |
| | <i>1 tsp. salt</i> |

Combine the beef and bacon and onion with beans in the crock pot. Cook on low 4-6 hours.

Larry E Sorensen

CROCK POT BEEF SANDWICHES ❀

- | | |
|---|--|
| <i>5-8 lb. Rump Roast-cut into chunks</i> | <i>garlic powder to taste</i> |
| <i>1 can beef broth</i> | <i>½-1 Green pepper diced</i> |
| <i>1 large onion (diced)</i> | <i>½ to 1 can mild chopped green chilies</i> |

Put all in crock pot. Cook on low for 17 hours. Beef shreds itself. Serve on Hoagie sub buns.

Anita Fakes

CROCK POT BEEF SOUP

- | | |
|-----------------------------|---|
| <i>1½ lb. ground beef</i> | <i>6 drops Tabasco sauce</i> |
| <i>1 lg. onion, chopped</i> | <i>16-20 oz. pkg. frozen mixed vegetables</i> |
| <i>1 lg. can tomatoes</i> | <i>1 C. cooked rice (optional)</i> |
| <i>2 cans beef broth</i> | |

Brown ground beef and onion. In Crock pot put ground beef and onion. Add tomatoes along with juice then beef broth. Cook on high for 2 hours. Add frozen vegetables and rice. Simmer 1 hour.

Marilyn Conner

CROCK POT CHICKEN

1 bag frozen chicken breasts (2.5 - 3 lbs.)

1 (8 oz.) block cream cheese (Don't use Fat- Free)

1 can black beans, rinsed and drained

1 can whole kernel corn, drained
1 can Rotel

Layer in crock pot as shown above. Cover and cook on low 6 - 8 hours. Turn off crock pot and let rest for 30-45 minutes. It is a little soupy, but letting it set will thicken it a bit. Serve over cooked rice.

Shelley Charles

CROCK POT MEAL

6-8 slices ham

10 potatoes, peeled and sliced

2 onions, chopped and sliced

1 cup grated Cheddar cheese

1 (10 oz.) can cream of chicken or mushroom soup

paprika, salt and pepper

Put half of the ham, potatoes, and onions in crock pot. Sprinkle with salt and pepper, then ½ C grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8-10 hours. Or on high 4 hours.

Norma Hartung

CROCK POT PIZZA

1 pkg. (12oz.) wide noodles

1½ lb. ground beef

¼ C. chopped onion

1 jar (28oz.) spaghetti sauce

1 jar (4.5 oz.) sliced mushrooms, drained

1½ tsp. Italian seasoning

1 pkg. (3.5 oz.) pepperoni, halved.

3 C. (12oz.) shredded mozzarella cheese

3 C. (12 oz.) shredded cheddar cheese

Cook noodles and drain. Brown beef and onion. Stir in the spaghetti sauce, mushrooms and Italian seasoning. In a 5 quart crockpot, coated with cooking spray, spread ½ of the meat sauce, noodles and pepperoni. Sprinkle with ½ of the cheeses. Repeat layers twice more. Cover and cook for 3-4 hours until heated through and cheeses are melted.

Marilyn Conner

CROCKPOT MINESTRONE SOUP

- | | |
|--|------------------------------|
| 1 can (50 oz.) Heinz Minestrone soup (do not add water as directed on can) | 1 ½ tsp. oregano |
| 1 can (49 oz.) Swanson chicken broth | 1 can (1 oz.) diced tomatoes |
| 1 lb. Italian sausage (browned) | 1 can green beans |
| 1 pkg. herb ox chicken bouillon | 1 can sliced carrots |
| | 1 can corn |
| | 1 cup shell noodles or pasta |

Add all ingredients except pasta to 6 qt crock pot or large soup pot. After soup is hot, add pasta and cook until done. (I leave my crock pot on all day--You can add kidney beans or other vegetables -- or you also can use fresh or frozen vegetables. This is a very forgiving recipe)

Mrs. Wayne (Ronnie) Buskirk

EASY CHERRY COBBLER

- | | |
|--|------------------------------|
| 1 16-oz. can cherry pie filling (light) | 1 egg |
| 1 pkg. cake mix for 1 layer cake - or sweet muffin mix | 3 Tbs. evaporated milk |
| | ½ tsp. cinnamon |
| | ½ cup chopped nuts--optional |

Put pie filling in lightly buttered 3 ½ qt. crock pot and cook on high for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2 to 3 hours on low. You may also use a lightly greased soufflé dish in a larger crock pot. 6 servings.

Anita Fakes

HOT FRUIT DESSERT

- | | |
|--|---|
| 3 grapefruit-peeled and sectioned | 1 16-oz. can sliced peaches--well drained |
| 1 can mandarin orange sections, drained | 3 bananas--sliced |
| 1 16-oz. can fruit cocktail - well drained | 1 Tbs. lemon juice |
| 1 20-oz. can pineapple chunks - well drained | 1 can cherry pie filling |

Place all ingredients in cooker. Toss gently. Cover and cook on low about 4 hours. Makes about 2 quarts.

Anita Fakes

*J*IMMY FALLON'S CROCK POT CHILI

- | | |
|--|--|
| 3 1/4 lb. ground beef | 1/4 tsp. cayenne pepper |
| Coarse salt and freshly ground pepper | 2 (28 oz.) cans whole tomatoes, coarsely chopped with juice |
| 1 T. olive oil | 1/3 C. fresh cilantro, chopped |
| 1 lg. white onion, chopped | 1 (12 oz.) bottle amber beer |
| 3 cloves garlic, finely chopped | 2 (15 oz.) cans kidney beans, drained and rinsed |
| 1/2 habanero chile pepper, seeded and finely chopped | Serve with : Choice of Tortilla chips, shredded cheddar cheese, chopped tomatoes, sour cream and lime wedges |
| 1/4 C. chili powder | |
| 1 T. dried oregano | |
| 1 1/2 tsp. ground cumin | |

Working in batches: In a large skillet, brown beef over medium heat. Season with salt and pepper; drain and set aside. Add olive oil, onions, garlic and habanero pepper to skillet; season with salt. Cook until onion is clear, about 5 minutes. In a 6-quart Crock Pot, combine beef, onion mixture, chili powder, oregano, cumin and cayenne pepper; stir to combine. Add tomatoes, cilantro and beer; cover and cook on high, stirring occasionally for 5 hours or on low for 8 hours. Add kidney beans and season with salt and pepper. Continue to cook, uncovered, until thickened, about 30 minutes. Garnish with cilantro and serve with desired toppings. Salt is a great seasoning but be careful not to overdue it.

Note: Declared by Jimmy as the "Best Ever".

Larry Sorensen

*R*ED BEANS, RICE, AND SAUSAGE

- | | |
|-------------------------------|---------------------------|
| 2 - 3 cans red beans | 1/4 cup parsley flakes |
| 1 chopped onion | 1 Tbs. chili powder |
| 1/2 cup green pepper, chopped | 1/4 cup catsup |
| 1 tsp. minced garlic | 1 tsp. mustard |
| 3/4 tsp. salt | 2 cans tomato soup |
| 1/2 jar (8 oz.) taco sauce | 1 Tbs. sugar |
| 3/4 tsp. pepper | 1 to 2 lb. polish sausage |
| 1 Tbs. Worcestershire sauce | 2 cups cooked rice |

Mix all ingredients, cut sausage into chunks. Cook in slow cooker about 4 hours. Serve over rice.

Shelley Charles

*S*LOW-COOKER STUFFED PEPPERS

3 green bell peppers, medium size ½ tsp. salt
1 can (14 ½-ounce) diced tomatoes ¼ tsp. ground black pepper
 with oregano, basil and garlic 1 can (46-ounce) tomato juice
1 lb. lean ground beef
½ cup long grain white rice,
 uncooked

Lightly coat slow cooker with cooking spray. Wash peppers and cut around stems to remove stem, seeds, and membrane from inside peppers and set aside. Drain liquid from tomatoes. In medium bowl, combine tomatoes, ground beef, rice, salt, and pepper. Fill peppers with meat mixture and place in slow cooker. Make balls from any remaining meat mixture; add to slow cooker. Pour tomato juice around stuffed peppers until nearly covered. Cover and cook on low temperature setting 10 to 12 hours.

Norma Hartung

Thinking is the hardest work there is, which is probably the reason why so few engage in it.

- Henry Ford

CASSEROLE

*B*EEF STROGANOFF CASSEROLE

12 ounces penne pasta	3 Tbs flour
1 (17 ounce) package refrigerated cooked beef roast au jus (or left over roast beef)	2 Tbs tomato paste
4 cups mushrooms, coarsely chopped	1 14-ounce can beef broth
1 medium onion cut into thin wedges	1 Tbs Worcestershire sauce
2 cloves garlic, minced	1 tsp smoked paprika
2 Tbs butter	¼ tsp salt
	½ tsp pepper
	1 8-ounce container sour cream
	1 Tbs prepared horseradish (optional)
	¼ tsp dried dill (optional)

Preheat oven to 350°. Cook pasta according to package directions; drain. Return to hot pan. Meanwhile, remove meat from container, reserving juices. Using 2 forks, shred meat into bite-size pieces. Set aside. In a large skillet cook mushrooms, onion, and garlic in hot butter on medium heat for 4 to 5 minutes or until tender. Stir in flour and tomato paste. Gradually stir in reserved meat juices, broth, Worcestershire sauce, paprika, salt, and pepper. Cook and stir until thickened and bubbly. Remove from heat. Stir in ½ cup of the sour cream. Stir shredded meat and mushroom mixture into cooked pasta. Spoon meat mixture into a 9 x 13-inch baking dish. Cover with foil. Bake about 30 minutes or until heated through. Meanwhile, in a small bowl combine the remaining sour cream, the horseradish, and dried dill. Serve with meat mixture.

Norma Hartung

The difference between genius and stupidity is that genius has its limits.

- Albert Einstein

CABBAGE CASSEROLE

½ small cabbage, chopped
1 lb. hamburger
1 onion, chopped
4 carrots, shredded
½ C. cheddar cheese, shredded
1 can biscuits

1 can cream of mushroom soup
½ C. milk
½ tsp. each: basil, parsley, celery
salt & thyme
Salt & pepper to taste

Cook hamburger and onion together till lightly brown. Drain off grease. Mix cream of mushroom soup with milk & add to hamburger, onion and spices. The spices (I am guessing on the amount) because I went with what tastes good to me. Then add carrots, maybe 3 will be all your skillet or frying pan can hold with cabbage or you can replace cabbage and carrots with coleslaw mix if this works better & it is all chopped. Then add 3 T. butter and ¼ C. water, cover with lid, check and stir often so cabbage and carrots get tender but not too brown., When cabbage and carrots are tender and lightly brown pour into baking dish the mixture from frying pan of hamburger, onion, soup, carrots, cabbage and spices to your taste. Then top with a can of biscuits & bake in 350° oven until biscuits are golden brown, about 10 minutes. Bring out and top with cheddar cheese and put back in oven until cheese melts, about 2 minutes.

Geanetta Renner

CHEESY BROCCOLI CASSEROLE

1 pkg (6 oz.) Stove Top Stuffing
Mix for Chicken
2 pkg (10 oz. each) frozen broccoli
florets, thawed, drained

1 can (10¾ oz.) condensed cream
of mushroom soup
1 cup Cheese Dip (Cheez Whiz)

Prepare stuffing as directed on package, using 3 Tbs margarine. Mix remaining ingredients in 2 qt casserole dish sprayed with cooking spray: top with stuffing. Bake 30 Min. in 350° oven.

Note: Assemble casserole as directed. Refrigerate up to 24 hours. When ready to serve; bake uncovered at 350° for 45 to 50 min. or until heated through.

Norma Hartung

CHEESY HASH BROWN POTATO CASSEROLE ②

<i>36 oz hash browns (thawed)</i>	<i>½ cup oleo or margarine</i>
<i>1 can cream of cheese soup</i>	<i>1 tsp pepper</i>
<i>1 - 8 oz. carton sour cream</i>	<i>1 cup grated cheese</i>
<i>½ cup onion</i>	

Mix all ingredients and put in a 9 x 13" pan (greased). Bake for 45 minutes uncovered at 350°.

Note: This is quick, easy and delicious. One can prepare ahead of time and freeze until you are ready to serve. Allow extra time for baking if frozen.

Norma Hartung

CHICKEN & RICE CASSEROLE

<i>2 cans chunk chicken</i>	<i>½ cup chopped onion</i>
<i>2 cans cream of chicken soup</i>	<i>½ cup chopped green pepper</i>
<i>1 soup can water</i>	<i>1 soup can rice</i>
<i>½ cup chopped celery</i>	<i>salt & pepper to taste</i>

Mix all together & put in a large greased baking dish. Bake 30 min. at 350 degrees.

Betty McConnell

CHICKEN CASSEROLE ②

<i>1 Lg. can of chicken</i>	<i>1 box of macaroni & cheese</i>
<i>1 can cream of chicken soup</i>	

Drain chicken, put in a 4 qt. casserole dish. Stir in soup. Make macaroni & cheese according to box directions. Mix with chicken and soup mixture. Bake at 350° for 30 minutes.

Kathy Cline

CHICKEN CASSEROLE

- | | |
|-------------------------------------|--|
| <i>1 ¼ cup uncooked rice</i> | <i>4 chicken breasts, uncooked</i> |
| <i>1 can cream of chicken soup</i> | <i>3 oz. parmesan cheese (grated)</i> |
| <i>1 can cream of mushroom soup</i> | <i>small package of slivered almonds</i> |
| <i>1 can cream of celery soup</i> | <i>¼ cup butter, melted</i> |

Grease 9 x 13" casserole, Combine liquids (soups). Place raw rice in bottom of pan. Pour half of liquid over rice and mix. Place chicken on top of rice; then add remaining liquids over chicken. Sprinkle cheese and almonds over top. Bake uncovered 3 hours at 275°.

Betty McConnell

CORN BROCCOLI CASSEROLE

- | | |
|--|--------------------------------------|
| <i>1 can cream style corn</i> | <i>⅔ cup club crackers (crushed)</i> |
| <i>1 large bag frozen chopped broccoli</i> | <i>salt and pepper to taste</i> |
| <i>1 beaten egg</i> | <i>Velveeta cheese</i> |

Mix egg, salt and pepper with corn. Add cracker crumbs. Put layer of broccoli in greased casserole. Layer corn mixture. Cover with sliced Velveeta cheese. Repeat layers. Dot with butter. Bake 40 minutes at 350°. This can be doubled for a crowd.

Thaylia Deck

CORN CASSEROLE

(Family Favorite)

- | | |
|--------------------------------------|--|
| <i>1 can whole kernel corn</i> | <i>crushed cheese bites, or potato chips</i> |
| <i>1 can cream style corn</i> | <i>½ stick butter, melted</i> |
| <i>1 cup elbow macaroni uncooked</i> | |
| <i>1 cup cheese</i> | |

Mix all ingredients except crushed cheese bites and pour into a 9 x 13" pan. Sprinkle crushed cheese bites on top and bake at 375° for 30 minutes covered. Uncover and bake 30 minutes more.

Note: This has unusual ingredients, but has become a family favorite for all our gatherings.

*Norma Hartung
Dallas Schmidt*

CREAMED TUNA & BISCUITS

2 Tbs margarine
2 Tbs onion finely chopped
2 Tbs flour
1 cup milk

1 can Cream of Chicken soup
1 or 2 cans Tuna
1 can Biscuits

Sauté onion in margarine. Add flour and stir in milk until smooth and thick. Add cream of chicken soup and stir in tuna. Top with biscuits and bake at 400 degrees for 15 min. or until biscuits are done

Betty McConnell

FRITO PIE ☉

1 bag tortilla chips
4 cans Chili with or without
beans
½ C. onion

½ C. green peppers (optional)
1 can whole corn, drained
16 oz. shredded Mexican cheese

Butter a 9 x 12" baking pan, place half of chips, slightly crushed, in bottom of pan. Spread two cans of Chili over chips. Layer onion, peppers, corn and half of cheese. 2. Spread remaining chips over the top then the remaining two cans of Chili. Cover with foil, bake 45 minutes to 1 hour at 350° until bubbly. Add remaining cheese until melted. (Last few minutes)

Janet Roynon

FUNERAL CASSEROLE

1½ lb. ground beef, turkey, or
sausage
1 cup chopped onion
1 can cream of chicken soup
1 can cream of mushroom soup
3 cups (8 oz. bag) cooked noodles
1 cup sour cream

salt and pepper to taste
1 can whole kernel corn
1 pkg. Chinese vegetables
(optional)
1 can sliced water chestnuts
(optional)
1 large jar pimentos (optional)

Brown meat and onions. Drain. Add remaining ingredients. Bake in a casserole dish at 350° for at least 45 min.

Note: This is called funeral casserole because the ladies at our church in Michigan made this many times for funeral lunches. It's very good.

Mrs. Wayne (Ronnie) Buskirk

GREEN BEAN CASSEROLE ②

2 cans French cut green beans
2 ½ C. tomato juice
1 lb. hamburger

2 C. instant cooked rice
1 small onion, chopped

You will need an 8 x 8 square baking dish. Set oven to 350°. Then mix 2 cups rice and 2 cups tomato juice and put in the baking dish. Then mix 2 cups French green beans (drained) with 1 chopped onion & put in dish over the rice and tomato juice. Crumble 1 lb. hamburger (uncooked) over the top of this, salt and pepper to taste. Pour the remaining ½ cup tomato juice over the hamburger and bake for 1 hour. You can make this up ahead of time for dinner or give to someone else and put in throw away pan and cover with foil and freeze till needed.

Geanetta Renner

MOCK CHICKEN & DRESSING CASSEROLE

1 lb. ground beef
2 cup dry bread crumbs
1 egg beaten
1 cup milk

Salt & pepper
1 onion chopped
1 can chicken noodle soup
½ tsp sage

Mix all together lightly, adding salt & pepper to taste. Turn into greased casserole and bake at 325 degrees for 45 min.

Betty McConnell

TATER-TOPPED CASSEROLE

1 lb. ground beef
1 small onion, finely chopped
1 can (10 ¾ oz.) condensed cream
of mushroom soup
¼ cup milk

1 cup frozen mixed vegetables
1 cup shredded cheddar Cheese
1 lb (½ of 32-oz. pkg) frozen bite
size seasoned potato nuggets

Preheat oven to 375°. Brown meat and onions in skillet, stirring occasionally, drain. Spoon into 8 inch square baking dish. Mix soup and milk; pour over meat mixture. Top with layers of mixed vegetables, cheese, and potatoes. Bake 45 minutes or until potatoes are golden brown and casserole is heated through.

Betsy Ledin

*T*UNA CASSEROLE

- | | |
|---|---|
| <i>1/3 cup chopped onion</i> | <i>1 cup milk</i> |
| <i>1 (10 oz.) pkg. frozen peas (cooked and drained)</i> | <i>1 tsp. salt</i> |
| <i>2 Tbs. margarine</i> | <i>Dash of pepper</i> |
| <i>1 (6 1/2 oz.) can tuna (drained and flaked)</i> | <i>1/2 lb. Velveeta cheese</i> |
| | <i>2 cup (7 oz.) macaroni, (cooked and drained)</i> |

Sauté onion in margarine, blend in flour, gradually add milk; cook, stirring constantly until thick, add 1/2 lb. cheese cubed, stir until melted. Add macaroni, peas, tuna, and seasonings. Pour into a 2 quart casserole. Bake at 350° for 40 minutes. Top with cheese slices. Continue baking until cheese melts.

Betty McConnell

*T*URKEY CASSEROLE

- | | |
|--------------------------------------|---|
| <i>1 small pkg seasoned stuffing</i> | <i>1/2 cup milk</i> |
| <i>2 cups cooked turkey, or more</i> | <i>6 Tbs butter, melted</i> |
| <i>2 cans mushroom soup</i> | <i>1/2 cup cheddar cheese, shredded</i> |
| <i>2-3 cans green beans, drained</i> | |

Line a 2 qt baking dish with 1/3 of stuffing. Mix turkey, soup, beans, and milk in large bowl. Pour over stuffing in pan. Spread remaining stuffing over meat mixture. Drizzle melted butter over stuffing. Sprinkle cheese over all. Bake at 400° for 30 min.

Note: Any time I bake a turkey, this always follows in a few days.

Mrs. Wayne (Ronnie) Buskirk

*Z*ION'S FUNERAL DINNER CASSEROLE ★

- | | |
|------------------------------------|--|
| <i>2 C. dry macaroni</i> | <i>3 C. chicken broth, drained</i> |
| <i>1 can cream of chicken soup</i> | <i>3 - 10 oz. cans chicken, broken</i> |
| <i>1 can cream of celery soup</i> | <i>1 small pkg. potato chips</i> |
| <i>8 oz. cream cheese</i> | |

Combine soup, broth & cream cheese. Heat in microwave until cheese is soft & mix together. Layer in 9 x 13 pan the macaroni, drained chicken chunks, & soup/cheese mixture. Lastly, sprinkle crushed potato chips on top. Bake at 350° for 30 minutes.

Pat Phillips

Main Dish



Allen Palmatier, age 11

Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

Main Dish

BEEF

*B*ARBECUED MEATBALLS ---

- | | |
|---------------------------|---------------------------------|
| 3 lbs ground beef | $\frac{1}{2}$ cup chopped onion |
| $\frac{1}{2}$ cup ketchup | $\frac{1}{2}$ tsp garlic powder |
| 1 cup oatmeal | 2 tsp salt |
| 1 cup cracker crumbs | $\frac{1}{2}$ tsp pepper |
| 2 eggs | 2 tsp chili powder |

To make meatballs, combine all ingredients and shape into 1" to 1 $\frac{1}{2}$ " diameter balls. Place meat balls in a 9 x 13" baking pan.

Sauce

- | | |
|--------------------------------|---------------------------------|
| 2 cups ketchup | $\frac{1}{2}$ tsp garlic powder |
| 1 cup brown sugar | $\frac{1}{4}$ cup chopped onion |
| $\frac{1}{2}$ tsp liquid smoke | |

To make sauce, combine all ingredients and stir until sugar is dissolved. Pour over meatballs. Bake dish at 350° for 1 hour.

Alice Jane Hayes

*B*ARBEQUE BRISKET ---

- | | |
|--------------------|-----------------------------|
| 3-4 lb. Brisket | $\frac{1}{2}$ tsp. salt |
| 1 C. B-B-Q Sauce | 1 tsp. garlic salt |
| 1 T. liquid smoke | 2 tsp. Worcestershire sauce |
| 1 tsp. onion salt | 1 tsp. ground pepper |
| 2 tsp. celery seed | 2 T. soy sauce |

Trim fat from Brisket. Mix all ingredients except meat and B-B-Q sauce together. Rub into meat. Wrap in foil. Marinate overnight in refrigerator. With foil sealed bake at 300° for 4 $\frac{1}{2}$ to 5 hours. The last hour, pour B-B-Q sauce over meat. Reseal and continue baking.

Larry E Sorensen

BBQ CUPS ☺

2 pkg. refrigerator crescent rolls
1 lb. hamburger, browned &
drained

1 C. favorite BBQ sauce
Shredded cheese of choice

Remove rolls from package. Using two triangles press seams together to form a square. Spray muffin tin over entire surface. Transfer squares one at a time to muffin tin. Press each square into a muffin tin to line it, letting the edges hang over the sides slightly. Combine hamburger & BBQ sauce. Spoon into each lined muffin tin. Sprinkle top with shredded cheese. Bake in 400° oven until cheese is melted & rolls are nicely browned (15-20 minutes). Remove & cool slightly (5 minutes). Using knife or fork, loosen each BBQ cup, lift & transfer to serving plate.

Faith (Phillips) Tucker

BBQ MEATBALLS †

Meat Balls

2 lbs. ground beef
1 cup applesauce
1 egg
1 cup Minute rice (uncooked)

salt
pepper
onion to taste

Mix all ingredients. Make into 1" balls. Place in a 9 x 13" pan. Pour sauce over all. Bake at 350° for 45 minutes to 1 hour.

BBQ Sauce

1 cup water
1 cup catsup or ½ cup catsup and
½ cup BBQ sauce

Mix ingredients and pour over meatballs.

Note: Mother made these many years ago and they were a family favorite. Recipe makes a lot of meatballs and they are very tasty hot or cold. They freeze well. I have made these for our Sunday luncheons at church and they were well liked.

*Lydia Schmidt
Norma Hartung*

*B*EEF STROGANOFF

1 lb. tender cut of beef (sirloin)
2 Tbs. butter
½ lb. sliced fresh mushrooms
1 can (10 ½ oz.) beef bouillon
1 med onion minced (½ cup)
2 Tbs. catsup

1 clove garlic, minced
1 tsp. salt
1 Tbs. flour
1 cup sour cream
3 - 4 cups hot cooked noodles

Cut beef across the grain into ½" strips about 1 ½" long. Melt butter in skillet. Add mushrooms and onion; cook and stir until onion is tender. Remove mushrooms and onion from skillet with slotted spoon. Add meat to skillet and cook until meat is light brown. Reserving ½ cup of broth. Stir in rest of broth, catsup, garlic, and salt. Cover skillet and simmer for 15 minutes. Blend reserved broth and flour. Stir into meat mixture. Add mushrooms and onion. Heat to boiling stirring constantly. Boil and stir 1 more minute. Reduce heat. Stir in sour cream. Heat through, but don't boil. Serve over hot noodles.

Alice Jane Hayes

*C*ABBAGE ROLLS

1 small head of cabbage
½ lb. ground beef
½ green pepper (chopped)

½ onion (chopped)
2 pkg. crescent rolls

Shred or chop and steam cabbage in covered skillet until just tender, drain off excess water. Set aside. Fry ground beef until well crumbled, drain off excess fat. Set aside. Sauté green peppers and onion until onion begins to turn clear. Mix all ingredients. Flatten individual crescent rolls, spoon ingredients on top. Dampen edge of rolls and fold, sealing edges. Bake at 350° for 10-12 minutes. Add cheese to top of rolls when half baked.

Larry E Sorensen

People who know little are usually great talkers, while people who know much say little.

- Jean Jacques Rousseau

CHEESE - PASTA POT

<i>2 lbs. ground beef</i>	<i>2 medium onions, chopped</i>
<i>1 crushed garlic clove</i>	<i>1 (14 oz.) jar spaghetti sauce</i>
<i>1 can stewed tomatoes</i>	<i>1 can mushrooms</i>
<i>8 oz. pkg. shell macaroni</i>	<i>1½ pints sour cream</i>
<i>1 pkg. (1½ lb.) sharp cheddar cheese (slices)</i>	<i>1 pkg. (small) Mozzarella cheese</i>

Cook beef until brown, stirring often. Drain and add onions, garlic, spaghetti sauce, tomatoes, and undrained mushrooms. Mix well. Cook 20 minutes or until onions are soft. Meanwhile cook macaroni; pour half of shells into deep casserole. Cover with half of meat sauce, spread with half of sour cream. Top with slices of cheddar cheese. Repeat, using rest of shells, sauce, sour cream and top with Mozzarella cheese. Cover casserole and bake at 350° for 35 to 40 minutes. Remove cover and brown cheese. Serve with garlic bread, salad, and red wine.

Peg Dodge

CHEESE BURGER PIE

<i>1 lb. ground beef</i>	<i>1½ cup chopped onion</i>
<i>½ tsp. salt</i>	<i>¼ tsp. pepper</i>
<i>1 cup shredded cheddar cheese</i>	<i>1½ cup milk</i>
<i>¾ cup bisquick baking mix</i>	<i>3 eggs</i>

Heat oven to 400°. Lightly grease a 10" pie plate. Cook and stir beef and onion until brown, drain. Stir in salt and pepper. Spread beef in pie plate; sprinkle with cheese. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, about 30 minutes. Let stand for 5 minutes; garnish as desired. Refrigerate any left over pie. Makes 6-8 servings

Note: If using a 9" plate, decrease milk to 1 cup, baking mix to ½ cup and eggs to 2.

Lauren Huffman

CORN BEEF AND CABBAGE

- | | |
|--|---|
| 1 (3½ lbs.) flat cut & well
trimmed corned beef brisket | 1¼ tsp. black peppercorns |
| 1 onion studded with 10 whole
cloves | 12 small - 2 oz. white onions,
peeled |
| 3 large cloves garlic | 12 small red potatoes, well
scrubbed |
| 3 each - lg. sprigs fresh thyme &
flat leaf parsley tied together | 6 peeled carrots cut crosswise into
thirds |
| 1 lg. bay leaf | 1 (2-lb.) head cabbage cut into 8
wedges |
| 1 tsp. mustard seed | |

Place beef in an 8 qt. pot. Add cold water to cover by 1 inch, cover; bring to boil. Reduce heat to low; simmer 5 minutes. Skim foam from top. Add onion, garlic, herb bundle & bay leaf. Add white onions; cover & simmer 20 minutes, add potatoes, carrots & cabbage. Cover, simmer for 20 minutes until beef is fork tender & vegetables are crisp tender. Remove from heat. To serve: Transfer vegetables to platter, half potatoes, place beef on cutting board; thinly slice across grain. Makes 10 servings

Larry E Sorensen

CROCK-POT SLOPPY JOES ★

(Fundraising Luncheon)

- | | |
|--|-----------------------------|
| 3 lb. ground beef, browned and
well drained | 2 T. brown sugar |
| 2 med. onions | 2 T. vinegar |
| 1 green pepper, finely chopped | 3 tsp. Worcestershire sauce |
| ½ bunch of celery, finely chopped | 1 tsp. liquid smoke |
| 2 cans tomato soup (10.5 oz ea.) | 3 tsp. salt |
| 1 c. ketchup | ½ tsp. pepper |
| | ½ tsp. dry mustard |

Mix together all ingredients in a small stock pot. Simmer for one hour. Refrigerate after cooking. Wait 24 hr. for flavor blending if you have time. Reheat in crockpot.

Note: Optional ingredients: cumin, basil, cilantro, crushed peppers, or exchange equal amounts of liquid with BBQ sauce.

Larry E Sorensen

EASY LAYERED TACO BAKE

1 pkg. Macaroni & cheese dinner
1 lb. ground beef

1 pkg. taco seasoning mix
1 cup Thick 'N Chunky Mild Salsa

Heat oven to 400°. Prepare dinner as directed on package. Cook meat with taco seasoning. Layer seasoned meat, dinner and salsa in 8 in. square baking dish. Bake 20 min.

Betsy Ledin

EVERY DAY MEATLOAF †

MEAT LOAF

2 eggs
¼ C. milk
⅔ C. fine dry bread crumbs
2 T. chopped onion

¾ tsp. dried sage, crushed
Dash of Pepper
1½ lbs. ground beef

Combine all ingredients together in a large bowl. Blend well. Shape into a loaf & place in a shallow baking pan. Bake in 350° oven for 1 hour.

TOPPING

¼ C. catsup
2 T. brown sugar

1 tsp. dry mustard
1 tsp. lemon juice

Combine topping ingredients & spoon over meatloaf. Bake 15 minutes more. Serves 6.

*Remona Phillips
Pat Phillips*

Too often we enjoy the comfort of opinion without the discomfort of thought.

- John F. Kennedy

*F*AMILY MEATLOAF

4 C. corn flakes
2 lbs. ground beef
1 egg slightly beaten
2 tsp. salt
½ tsp. sage
¼ tsp. pepper

¾ C. chopped celery
¼ C. chopped celery leaves
1 T. minced onions
1 T. chopped parsley
1 C. milk or stock
¼ C. ketchup

Crush cereal slightly. Combine remaining ingredients. Mix well and stir in cereal. Press slightly into a greased 9 x 5 inch loaf pan. Bake at 375° for 1 hr. Makes 8-10 servings.

'Dorothy Sorensen

*F*AST AND GOOD LASAGNE

1 lb. hamburger
32 oz. spaghetti sauce - 4 cups
9 lasagne noodles (uncooked)

15 oz. drained cottage cheese or
ricotta cheese
12 oz. grated mozzarella cheese

Brown hamburger and drain. Add spaghetti sauce. In a greased 9 x 13" pan, place a small amount of hamburger. Layer uncooked lasagne noodles, meat sauce, cottage or ricotta cheese, mozzarella cheese in 2 or 3 layers. Bake covered 45 minutes at 375°, remove cover and bake for 15 minutes more. Enjoy.

'Pat Phillips

*'Blessed are they who can laugh at themselves, for they shall
never cease to be amused.*

- Anonymous

*F*RANK TAMALES PIE

- | | |
|---|----------------------------------|
| 1 cup chopped onions | 1 8 oz. can tomato sauce |
| ½ cup green peppers (chopped) | 1 small can chopped ripe olives |
| 2 Tbs butter | 1 clove garlic minced |
| 1 lb. beef hot dogs | 1 Tbs sugar |
| 1 16 oz can pork and beans | 2-3 tsp chili powder |
| 1 12 oz. can whole kernel corn
(drained) | 1 ½ cup shredded American cheese |
| | 1 box Jiffy cornbread mix |

In a large skillet, cook onions and green peppers in butter, till tender, not brown. Cut franks into ½" pieces. Stir into skillet along with beans, corn, tomato sauce, olives, garlic, sugar, chili powder, and dash of pepper. Simmer, uncovered till thickened about 30 minutes on low. Add cheese, stir till melted. Pour mixture into a greased 12 x 7" baking dish. Mix cornbread as stated on box. Spoon cornbread over top. Will not be completely covered. Bake uncovered at 375° for about 25 minutes.

Thaylia Deck

*Good judgment comes from experience, and experience -
well, that comes from poor judgment.*

- Cousin Woodman

GOURMET SAUCY SLOPPY JOE'S

- | | |
|--|------------------------------|
| 1 T. olive oil | 1 T. Worcestershire sauce |
| ½ C. carrots or bell pepper,
minced | 1 T. red wine vinegar |
| 1 C. onion, chopped | 2 T. brown sugar |
| ½ C. celery chopped | Pinch ground cloves |
| 2 clove garlic, minced | ½ tsp. dried thyme |
| Salt | Pinch cayenne pepper |
| 1 ¼ lb. ground beef | Fresh ground pepper to taste |
| ½ C. ketchup | 8 Hamburger Buns |
| 2 C. tomato sauce OR (1 - 15 oz.
can whole tomatoes, purée) | |

Heat olive oil in large sauté pan on medium-high heat. Add the carrots & sauté for 5 minutes. (If using bell pepper include these with onion & celery). Add onion & celery. Cook, stirring occasionally until translucent, about 5 minutes more. Add garlic & cook 30 seconds longer. Remove from heat. Remove vegetables from pan to a bowl. Now, generously salt the bottom of pan with ¼ to ½ tsp. salt. Heat pan on high. Crumble ground beef into pan. Do not stir, just let it cook until it is well browned on one side. Flip the pieces over & brown on the other side. Drain, reserving 1 T. fat. Return beef & vegetables to pan. Add ketchup, tomato sauce, Worcestershire sauce, vinegar & brown sugar to the pan. Stir to mix well. Add cloves, thyme & cayenne pepper. Lower the heat to medium-low & let simmer for 10 minutes. Adjust seasonings to taste.

Note: Careful not to crowd the beef when browning. You may need to do this in two batches. The browning process is essential to the success of this recipe. For a spicier recipe add 1 T. Chili powder, Smoke House seasoning or 1 tsp. liquid smoke.

Larry E Sorensen

HAMBURGER DISH †

- | | |
|---------------------------------|-----------------------------|
| 1 lb. hamburger | 1 (8½ oz.) can peas |
| 1 small onion, chopped | salt and pepper to taste |
| 1 (16 oz.) can tomatoes, mashed | 3 or 4 slices of Am. Cheese |

Brown hamburger and onion in large skillet. Drain. Add tomatoes, peas, salt and pepper. Simmer until juice is mostly gone. Lay slices of cheese on top of mixture. Cover and let melt. Serve.

Viola Hensley
Pat Phillips

*H*UNGARIAN GOULASH

1 lb. of lean ground beef
¼ cup of onion
¼ cup chopped green peppers
Season salt/ black pepper
Dash of garlic powder
1 large can of stewed tomatoes,
chopped

1 small can of tomato paste
½ package of dry noodles (your
choice, I use spiral) cooked
according to
package directions and drained

Brown ground beef with onion and green peppers. Drain on paper towel and put back in a large skillet. Add season salt, black pepper and garlic powder to taste. Add in stewed tomatoes and tomato paste. Stir to combine with hamburger mixture. Add in cooked noodles. Let simmer for 10 to 15 minutes on low. Serve with Garlic Bread and garden salad.

Robin West

*L*ASAGNA (WITHOUT COOKING THE NOODLES)

1½ lb. ground beef
4 Tbs. dry minced onions
¼ tsp. garlic salt
1 quart jar spaghetti sauce
8 oz. can drained mushrooms
½ tsp. Worcestershire sauce

1 lb. cottage cheese
1 egg
8 oz.. sliced Mozzarella cheese
1 cup grated Parmesan cheese
Uncooked lasagna noodles

Brown ground beef. Add onions, garlic salt, spaghetti sauce, mushrooms and Worcestershire sauce. Set aside. Blend cottage cheese, egg, and Parmesan Cheese. Butter a 10 X 13" pan. Start with meat sauce and layer uncooked noodles and cheese mixture. Repeat. Top with sliced Mozzarella cheese. Cover tightly with foil. Bake at 350° for 35 min. Uncover and bake another 15 min. Let stand 15 min. before cutting.

Gerry Kolb Brunton

*Even on the most exalted throne in the world we are only
sitting on our own bottom.*

- Michel de Montaigne

MEATBALLS AND RICE

1 lb. ground beef
¾ cup chopped onions (divided in
2 parts)
¼ cup dry bread crumbs
1 egg
3 Tbs Soy Sauce (divided)
1 tsp seasoned salt

2 cups sliced mushrooms (canned
or fresh)
½ cup chopped celery
2 cups minute rice
1 can cream of mushroom soup
1 cup water

Combine ground beef, ¼ cup onion, bread crumbs, egg, 1 Tbs soy sauce and seasoned salt. Shape into 20-25 meatballs. Place in 12 x 8" baking dish. Microwave on High 5 to 6 minutes. Meat should be set but still pink. Drain meatballs on paper towel. Add remaining onions, mushrooms, and celery to dish. This has drippings from hamburger in it. Cover with plastic wrap. Microwave on high for 4 to 6 minutes, or until celery is tender. Mix in remaining soy sauce, rice, soup and water. Arrange meatballs on top. Recover. Microwave on high 5 to 7 minutes or until rice is tender and liquid is absorbed.

Note: This is great for company and can be made ahead and warmed up.

Thaylia Deck

NACHO PIE

1 lb. 96% ground beef
½ C. chopped onion
1 - 8 oz. can tomato sauce
2 T. taco seasoning
1 tube (8 oz.) low fat crescent
rolls

1½ C. baked Nacho chips
(divided)
1 C. fat free sour cream
1 C. 2% shredded cheese

In a large skillet, cook beef and onion over med. heat until meat is no longer pink, drain. Stir in tomato sauce & taco seasoning. Bring to boil. Reduce heat, simmer, uncovered for 5 min. Meanwhile, separate crescent rolls into 8 triangles, place in a greased 9 in. pie plate with points toward the center. Press onto the bottom and up the sides to form a crust, seal perforations. Sprinkle 1 C. chips over the crust. Top with meat mixture. Carefully spread sour cream over meat mixture. Sprinkle with cheese and remaining chips. Bake at 350° for 20-25 min. or until cheese is melted & crust is golden brown. Let stand for 5 min. before cutting. Serves 6.

Pat Phillips

*P*ASTA IN A POT

2 lb. hamburger
2 medium onions-chopped
1 clove garlic, minced
1 (14 oz.) jar spaghetti sauce
1 (1 lb.) can stewed tomatoes

1 (8 oz.) pkg shell-roni
1 carton sour cream
sliced Mozzarella cheese
1 small can mushrooms

Brown hamburger. Add chopped onions, garlic, spaghetti sauce, tomatoes, and mushrooms. Simmer for 20 minutes. Cook shell-roni, drain and rinse. Put half of shell-roni in deep casserole. Cover with ½ tomato/meat sauce. Spread ½ sour cream over sauce. Repeat layers. Top with slices of Mozzarella cheese. Cover and bake at 350° for 35-40 minutes. Remove cover and bake until cheese is lightly browned.

Gerry Kolb Brunton

*P*AULINE'S MEATBALLS †

2 lbs. ground beef
½ lb. ground sausage
1 cup minute rice
4 beaten eggs
1 large chopped onion

1 tsp. salt
2 tsp. chili powder
1 large can tomato juice
⅓ can water

Mix all ingredients except the tomato juice and water. Form meatballs. Bring the tomato juice and water to a boil. Drop meat balls into juice to cook. Cook until balls are done.

*Pauline Cline
Thaylia Deck*

It is funny about life: if you refuse to accept anything but the very best you will very often get it.

- W. Somerset Maugham

POTLUCK CHEESY MOCK SHEPHERD'S PIE

2 pounds lean ground beef	6 Tbs butter or margarine
1 large onion, finely chopped	$\frac{2}{3}$ cup milk
1 can condensed tomato soup	Salt
$\frac{1}{4}$ cup water	pepper
1 Tbs Worcestershire sauce	3 cups chopped zucchini
2 tsp dried Italian seasoning, crushed	2 -16 ounce packages frozen mixed vegetables
2 cloves garlic, minced	2 cans condensed cheddar cheese soup
$\frac{1}{4}$ tsp pepper	$\frac{1}{3}$ cup water
3 pounds potatoes, peeled and quartered	

In a large skillet cook ground beef & onion on medium heat until beef is browned and onion is tender, stirring, to break up meat as it cooks. Drain off fat. Stir tomato soup, the $\frac{1}{4}$ cup water, the Worcestershire sauce, Italian seasoning, garlic, and the $\frac{1}{4}$ tsp. pepper into meat in skillet. Simmer, covered, for 15 - 20 minutes or until thickened. Meanwhile, in a covered Dutch oven cook potatoes in enough boiling water to cover for 20 - 25 minutes or until tender, drain. Using a potato masher or an electric mixer on low, mash the potatoes. Stir in butter and milk. Season to taste with salt & additional pepper. Preheat oven to 350°. In a large saucepan combine zucchini, frozen mixed vegetables, cheese soup & the $\frac{1}{3}$ cup water. Cover and cook until heated through. Transfer hot meat mixture to a very large bowl. Stir in vegetable mixture. Divide meat-vegetable mixture between 2 - 9 x 13" inch baking dishes. Top with spoonfuls of the potato mixture, smoothing to make an even layer of potatoes. Bake uncovered, 20 - 25 minutes or until potatoes are golden brown & meat mixture is bubbly. Serves 12-16.

Norma Hartung

SALISBURY STEAK ②

1 can cream mushroom soup	$\frac{1}{3}$ cup dry bread crumbs
1 lb. ground beef	1 egg
$\frac{1}{4}$ cup chopped onion	1 can drained mushrooms

Mix $\frac{1}{2}$ of soup, with beef, onion, bread crumbs, egg. Shape into 6 patties, brown, remove from skillet. Stir remaining soup & mushrooms in skillet. Return patties & reduce heat & simmer for 20 minutes.

Betty McConnell

SAUERBRATEN

<i>½ C. dry red wine</i>	<i>4 lbs. boneless beef roast (top or bottom round or rump/trim fat)</i>
<i>½ C. red wine vinegar</i>	<i>3 T. lard</i>
<i>2 C. cold water</i>	<i>½ C. finely chopped onions</i>
<i>1 medium-sized onion, peeled & thinly sliced</i>	<i>½ C. finely chopped carrots</i>
<i>5 black peppercorns and</i>	<i>¼ C. finely chopped celery</i>
<i>4 whole juniper berries coarsely crushed with mortar & pestle</i>	<i>2 T. flour</i>
<i>2 small bay leaves</i>	<i>½ C. water</i>
	<i>½ C. gingersnap crumbs</i>

In a 2 to 3 quart sauce pan, combine the wine, vinegar, water, sliced onion, crushed peppercorns & juniper berries, bay leaves & salt. Bring this marinade to a boil over high heat, then remove it from the heat and let it cool to room temperature. Place the beef in a deep crock or a deep stainless steel or enameled pot just large enough to hold it comfortably & pour the marinade over it. The marinade should come at least half way up the sides of the meat; if necessary, add more wine. Turn the meat in the marinade to moisten it on all sides. Then cover the pan tightly with foil or plastic wrap and refrigerate for 2 to 3 days, turning the meat over at least twice a day. Remove the meat from the marinade and pat it completely dry with paper towels. Strain the marinade through a fine sieve set over a bowl and reserve the liquid. Discard the spices and onions. In a heavy 5 quart flameproof casserole, melt the lard over a high heat until it begins to splatter. Add the meat and brown it on all sides, turning it frequently and regulating the heat so that it browns deeply and evenly without burning. This should take about 15 minutes. Transfer the meat to a platter and pour off & discard all but about 2 T. of the fat from the casserole. Add the chopped onions, carrots & celery to the fat in the casserole and cook them over moderate heat, stirring frequently for 5 to 8 minutes or until they are soft & light brown. Sprinkle 2 T. of flour over the vegetables and cook, stirring constantly for 2 or 3 minutes longer or until the flour begins to color. Pour in 2 C. of the reserved marinade & ½ C. of water and bring to a boil over high heat. Return the meat to the casserole. Cover tightly & simmer over low heat for 2 hours or until the meat shows no resistance when pierced with the tip of a sharp knife. Transfer the meat to a heated platter & cover it with aluminum foil to keep it warm while you make the sauce.

SAUERBRATEN SAUCE

Refer to main ingredients

Refer to part ingredients

Pour the liquid left in the casserole into a large measuring cup and skim the fat from the surface. You will need 2½ C. of liquid for the
(continued)

sauce. If you have more boil it briskly over high heat until it is reduced to that amount; if you have less, add some of the reserved marinade. Combine the liquid & the gingersnap crumbs in a small saucepan & cook over a moderate heat, stirring frequently for 10 minutes. The crumbs will disintegrate in the sauce & thicken it slightly. Strain the sauce through a fine sieve, pressing down hard with a wooden spoon to force as much of the vegetables & crumbs through as possible. Return the sauce to the pan, taste for seasoning & let it simmer over a low heat until ready to serve. To serve, carve the meat into ¼ inch thick slices and arrange the slices attractively in overlapping layers on a heated platter. Moisten the slices with a few tablespoons of the sauce & pass the remaining sauce separately in a sauceboat. Traditionally, Sauerbraten is served with dumplings or boiled potatoes and red cabbage.

Note: If you prefer, you may cook the Sauerbraten in the oven rather than on top of the stove. Bring the casserole to a boil over high heat, cover tightly and cook in a preheated 350° oven for about 2 hours.

Larry E Sorensen

*S*HEPHERD'S PIE & BISCUITS

2 lb. hamburger
2 cans green beans
2 cans mushrooms
¼ C. chopped onion

8 Lg. potatoes
2 small cans biscuits (8 count)
1½ C. margarine or butter

Cook and drain potatoes. Drain juice off 1 can green beans. When potatoes are cool, mash. Brown beef and onion, add green beans and mushroom soup. Cook until bubbly. Place into a 9 x 12 pan. Now put potatoes on top of meat mixture and dot with margarine. Open biscuits and roll each biscuit in melted margarine sprinkling with garlic salt and onion salt, (sesame seeds optional). Set oven to 450°. Cook biscuits and casserole together for 8-10 minutes or until biscuits are lightly brown and margarine is melted on casserole. Enjoy.

Janet Roynon

*S*TOVE TOP POT ROAST WITH VEGETABLES

- | | |
|--|---|
| <i>3 lb. boneless bottom or rump roast</i> | <i>3 potatoes, cut into edible chunks</i> |
| <i>2 T. vegetable oil</i> | <i>3 stalks celery, cut into 1" pieces</i> |
| <i>1 can beef broth</i> | <i>1 small onion cut into quarters and halved</i> |
| <i>¾ C. V 8 or 100% vegetable juice</i> | <i>2 T. all purpose flour</i> |
| <i>2 C. fresh or frozen baby carrots</i> | <i>¼ C. water</i> |

HEAT oil in saucepot. Add roast and sear all sides. ADD broth and vegetable juice. Heat to boil. Cover and cook over low heat 1 hr. 45 min. ADD vegetables. Cover and cook 30 min. or until vegetables are tender. Remove roast and vegetables and keep warm. Mix flour and water. Add to saucepot. Cook and stir until mixture boils and thickens. Serve gravy with roast and vegetables. Serves 6.

Norma Hartung

*S*TUFFED FRENCH BREAD

- | | |
|------------------------------------|----------------------------------|
| <i>1 loaf French bread</i> | <i>1 lb. ground beef</i> |
| <i>1 green pepper, diced</i> | <i>½ cup diced celery</i> |
| <i>1 tsp. salt</i> | <i>1 tsp. pepper</i> |
| <i>1 Tbs. Worcestershire sauce</i> | <i>1 can cheddar cheese soup</i> |
| <i>2 slices cheddar cheese</i> | |

Cut top off bread; hallow out to form crust shell. Tear enough of the soft bread into small pieces to make 2 cups. Reserve. Brown beef; mix all ingredients, except cheese slices. Simmer 45 minutes. Stir in bread pieces. Fill shell with mixture. Place cheese slices on top. Replace top of bread. Bake on ungreased baking sheet for 5-8 minutes at 350° until cheese is melted.

Peg Dodge

It is not so much consequence what you say, as how you say it.

- Alexandra Smith

*S*WISS STEAK †

2 lbs. round steak cut into 3 inch
squares
flour
15 ounce can tomatoes
chopped onions

chopped celery
carrots cut in chunks
potatoes cut in chunks
salt and pepper to taste

Pound flour into both sides of meat and brown in skillet. Electric skillet is preferred. Add onions, celery, carrots and potatoes, salt and pepper. Cook until the meat is tender and the vegetables are done.

Note: Prepare enough vegetables according to your own desires.

*Pauline Cline
Thaylia Deck*

*T*ACO PIZZA

1 roll refrigerated pizza dough
1 can refried beans
Picante sauce
Shredded Mexican blend cheese

Shredded lettuce
1 lb. hamburger, drained
(optional)

Unroll pizza dough onto cookie sheet. Stretch into rectangle shape. Press seams together. Bake at 350° until lightly brown (10-12 minutes). Remove from oven & cool for 5 minutes. Heat refried beans in microwave. Stir until smooth & spread over cooled pizza crust. Spread picante sauce over refried beans (not too close to edges or it gets sloppy). Sprinkle well with Mexican shredded cheese & put back into the oven until cheese begins to melt. Remove pizza from oven. Layer on shredded lettuce & garnish with more picante sauce & cheese. Using pizza cutter, cut pizza into squares & serve. (OPTIONAL): Spread well drained hamburger on pizza between refried beans & picante sauce.

Faith (Phillips) Tucker

Proverbs 28:19 - He who works his land will have abundant food, but the one who chases fantasies will have his fill of poverty.

TACOS ☺

1 lb. ground beef
½ cup water

2 Tbs tomato paste
2 Tbs taco seasoning mix

Brown and drain the ground beef. Add water, tomato paste, and the seasoning. Simmer 10 min. stirring occasionally. Enough for 8-10 tacos.

Note: Look in the This and That section for the recipe for the taco seasoning mix.

Donita Harris

UPSIDE DOWN PIZZA

3 lbs. ground beef
½ C. chopped onion
Parmesan Cheese
2 jars Ragu Pizza Quick Sauce
(pepperoni)

12 oz. Mozzarella cheese
(shredded)
2 pkg. crescent rolls (will
probably only use 1½)

Brown hamburger & onions; drain. Add Pizza Quick. Spray 13 x 9" baking pan & add mixture. Top with Mozzarella cheese. Unroll and lay Crescent rolls over cheese cutting to fit pan. Sprinkle with Parmesan. Bake per instructions on Crescent roll pkg. Let cool 10 minutes, cut and serve. **NOTE:** If you prefer sausage or supreme pizza. Go for it.

Larry E Sorensen

PORK

BOW TIES WITH SAUSAGE AND SWEET PEPPERS

8 oz. (4 cups) Bow Ties (pasta)
12 oz. Italian Sausage Links
-Medium
2 med. Peppers (gold, red, or
yellow)

1 jar large mushrooms
1 can beef or chicken broth

Cut sausage into 1 inch pieces. Brown, drain fat off. Add broth, peppers, and mushrooms. Let simmer while cooking bowties till tender. Pour mixture over drained bowties. Enjoy.

Wayne & Bobbie Robbins

HEAD CHEESE †

6-8 lbs. pork shoulder	$\frac{3}{4}$ of a small box of oatmeal
6-8 lbs. beef roast (or ground beef)	2 tsp. allspice
1-2 lbs. liver (optional)	2 tsp. cloves
Heart (optional)	5 tsp. salt
tongue (optional)	5 tsp. pepper

Cook pork until tender and save broth. In another kettle cook beef until tender. Cook optional meats until tender in another kettle. Grind all meat together. Cook the oatmeal in the broth that the pork was cooked in. Add all spices to the oatmeal and mix well and cook for a few minutes to distribute flavor. Add oatmeal mixture to the ground meat; mix well. Take a small sample and fry a bit to test to see if you need to add any additional salt or other spices. After the meat has cooled put meat in smaller containers or bags and freeze. To serve, thaw meat, fry a bit and serve on bread or toast. My family likes to put butter, jam or jelly on toast and put their meat on top. This is a very tasty meat spread that can be used for breakfast or supper. My family always looks forward to having head cheese for a meal.

Note: This recipe was made by my grandparents. Originally when it came butchering day, nothing went to waste, so the original recipe called for 1 hog head, a little beef, liver, tongue, and heart. This is why it is called "head" cheese. To this day family members still enjoy this meat spread minus the "hog head".

*Norma Hartung
Anita Fakes
Vernon Schmidt*

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

- Sir Winston Churchill

*P*ORK & APPLES WITH APPLE CIDER CREAM SAUCE

MEAT

*Pork Tenderloin, Cut into 2"
Medallions
Salt*

*Black Pepper
Zip Lock Bags or Waxed Paper*

APPLES

*2 T. Butter
3 Granny Smith Apples (unpeeled),
cut in 1/8 then cut in 1/2. (medium
size)
1 T. Finely Chopped Fresh
Rosemary*

*1 1/2 tsp. Sugar
1/4 tsp. Salt
Shallots, Chopped*

SAUCE

*1/2 C. Apple Cider
1/4 C. Chicken Broth (Low Sodium)
1/2 tsp. Finely Chopped Fresh
Rosemary (may substitute
dried)*

*1/4 C. Heavy Cream
Salt & Pepper to Taste
Chopped Parsley, Rinsed and
Dried*

Pork: Place medallions in zip lock bag and pound until 1/4 to 1/2 inches thick, then remove and set aside. Season with salt and pepper and sauté in two T. butter. Cook until browned. **Apples:** For three apples, melt butter and put apples and shallots in skillet and cook until soft. Season with sugar, salt and finely chopped fresh rosemary. **Sauce:** In a small pot, mix apple cider, chicken broth, chopped rosemary, heavy cream, salt & pepper to taste. Bring ingredients up to a boil (DO NOT BOIL), then simmer on low flame for a few minutes. Take half of the sauce and pour over the apples and simmer for "a while" (Do not get the apples too well done or they will break down into the sauce). Pour remaining sauce and apples over the pork and simmer as with the other apples. Pour remaining sauce over pork and apples prior to serving. Chop parsley and wash and dry, then sprinkle over chops and apples along with stems of rosemary.

Note: Best served with Instant Sweet Potatoes

Larry E Sorensen

*P*ORK CHOPS AND RICE

1 ½ cup Minute rice (uncooked)
½ cup milk
1 can cream of mushroom soup

1 can cream of celery soup
1 pkg onion soup mix (dry)
pork chops

Put rice in the bottom of a 9 x 13 inch baking dish. Mix and heat soups and milk; pour over rice. Lay browned chops on top of the mixture and sprinkle the onion soup mix over the chops; Bake at 325° for 2 hours and 15 minutes.

Betty McConnell

*S*AUSAGE AND GARDEN VEGETABLE LINGUINI

1 lb. package smoked sausage
5 green or red peppers, cut into strips
3 oz. black olives
1 small bag frozen peas

4 - 5 lg. carrots peeled/sliced
2 cups linguini, uncooked
1 cup Italian dressing
Garlic and Oregano

Cook pasta. Sauté sausage and vegetables. Mix salad dressing, pasta, sausage, and vegetables together with a pinch of garlic and oregano. Serve hot or cold. Serves 6.

Sachiko Liby

*S*WEET AND SOUR SAUSAGE

1 can (15-16 oz.) pineapple chunks, drained and juice reserved
2 T. cornstarch
½ tsp. salt
½ C. maple syrup
½ C. water

⅓ C. apple cider vinegar
1 lg. green pepper, cut into 1-inch pieces
1 pkg. (16 oz.) smoked sausage, sliced
½ C. Maraschino cherries, drained and halved

ONE: Drain pineapple, reserving juice and setting both aside. In a large saucepan combine cornstarch, salt, maple syrup, water, vinegar and reserved pineapple juice. Stir until smooth. Bring to a boil; cook, stirring constantly for 2 minutes or until thickened. Add green pepper and cook 2 minutes more. TWO: In a skillet, cut smoked sausage into 1 inch slices, brown and drain. Add the sausage, cherry halves, and reserved pineapple to sauce pan and heat through. Serve.

Larry E Sorensen

POULTRY

BUFFALO-STYLE CHICKEN FINGERS

<i>¼ cup crushed cornflakes</i>	<i>¼ cup bottled blue cheese salad dressing</i>
<i>2 tsp. finely snipped fresh parsley</i>	<i>1 ½ tsp. water</i>
<i>⅓ tsp. salt</i>	<i>1 tsp. hot pepper sauce, optional</i>
<i>12 oz. skinless, boneless chicken breast halves</i>	

Preheat oven to 425°. Lightly grease a 9 x 13" baking pan, set aside. In a shallow bowl or pie plate combine crushed cornflakes, parsley, and salt. Cut chicken breast halves into strips about ¾ inch wide and 3 inches long. In a large bowl combine the dressing, water, and pepper sauce. Add chicken; stir gently to coat. Roll chicken pieces, 1 strip at a time in crumb mixture to coat. Place in a single layer in prepared baking pan. Bake, uncovered, for 12 to 15 minutes or until chicken is no longer pink and crumbs are golden brown. Serve warm and can use additional blue cheese dressing for dipping.

Christy Kilpatrick

CHEESE-AND-BACON-STUFFED CHICKEN BREASTS

<i>4 medium-bone-in chicken breast halves</i>	<i>salt</i>
<i>¾ cup shredded mozzarella cheese</i>	<i>pepper</i>
<i>½ cup crumbled feta cheese</i>	<i>paprika</i>
<i>¼ cup crumbled bacon pieces</i>	<i>bottled ranch salad dressing (optional)</i>

Preheat oven to 350°. If desired skin chicken. Using a sharp knife, make a pocket in each chicken breast by cutting horizontally from one side, care not to cut through the opposite side. Leave edges & ends intact. For filling: In a medium bowl combine mozzarella cheese, feta cheese, and bacon. Spoon filling into pockets. Packing lightly (pockets will be full). Place chicken in a 9 x 13" pan. Lightly sprinkle chicken breasts with salt, pepper, and paprika. Bake, uncovered, for 50-55 minutes or until chicken is no longer pink. If desired, drizzle salad dressing over chicken.

Norma Hartung

CHICKEN LOAF ②

3 lbs. cooked chicken cubed
2 cups chicken broth
2 cups uncooked rice
2 cups milk

2 cups bread cubes
4 eggs
2 cups diced celery

Mix all together & put in a greased baking dish. Bake 1 hour at 350 degrees.

Betty McConnell

GRILLED HONEY MUSTARD CHICKEN

½ cup mustard
½ cup honey
Juice of ½ a lemon
1 garlic clove, smashed and
minced
½ tsp paprika

½ tsp salt
¼ tsp cayenne pepper (optional)
¼ tsp red pepper flakes (optional)
4 boneless, skinless chicken
breasts

Whisk all ingredients in a small bowl. Reserve 4 Tbs of sauce and then pour the remaining honey mustard mixture over the chicken, toss and cover with plastic wrap and let it sit for about 45 minutes at room temperature. Preheat the grill on medium-medium high heat, grill chicken for about 6 to 7 minutes per side or until chicken is done. Pour the reserved honey-mustard sauce over chicken and let rest under foil for about 5 minutes. Serve.

Norma Hartung

HERB ROASTED CHICKEN AND VEGETABLES ②

1 lb. boneless chicken breast, cut
in chunks
1 lg. red onion, cut into wedges
2 lg. carrots, cut into chunks
1 lg. bell pepper, cut into wide
strips
3 plum tomatoes halved,
quartered

2 C. halved mushrooms
1 can chicken broth
1 tsp. dried thyme leaves, crushed
Garlic Mashed Potatoes (home
made or instant)

PREHEAT oven to 450°F. MIX chicken, vegetables, broth and thyme in roasting pan. ROAST 30 min. or until done, stirring once. SERVE on top of potatoes. Serves 4.

*O*VEN-FRIED BUTTERMILK CHICKEN

5 to 6 lbs. meaty chicken pieces	½ cup butter or margarine, melted
2 cups buttermilk	3 eggs, beaten
1½ tsp. salt	2 Tbs. water
2 pkg. white crackers with cracked pepper	

If desired, skin chicken. Place chicken in a resealable plastic bag set in a bowl. MARINADE: in a small bowl stir together buttermilk and salt. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for at least 4 to 24 hours, turning bag occasionally. Drain chicken, discarding marinade. In a blender or food processor place the crackers and process until crackers are crushed, transfer to a shallow dish. Preheat oven to 400°. Lightly grease two 9 x 13" pans; set aside. Add melted butter to crushed crackers, toss together. In another shallow dish combine eggs and the water. Dip chicken pieces, 1 at a time, in egg mixture, then roll in cracker mixture to coat. Arrange chicken in prepared baking pans, making sure pieces do not touch. Bake, uncovered, for 45-50 minutes or until chicken pieces are tender and no longer pink. Serve warm or cover to chill for up to 24 hours.

Norma Hartung

If you don't like something, change it. If you can't change it, change your attitude. Don't complain.

- Maya Angelou

*S*PICED GAME HENS

¼ cup lemon juice
2 Tbs. olive oil
1 Tbs. paprika
1 tsp. salt
1 tsp. ground coriander
½ tsp. turmeric

¼ tsp. black pepper
4 cloves garlic, minced
2 (1 ½ lb.) Cornish game hens
½ cup chicken broth
salt and pepper to taste

In a small bowl combine lemon juice, oil, paprika, 1 tsp salt, coriander, turmeric, pepper, and garlic. set aside. Using a long, heavy knife or kitchen shears, halve Cornish hens lengthwise, cutting through the breast bone of each hen just off center and then through the center of the backbone. If desired, remove backbone of each hen. Place hen halves in a resealable plastic bag. Pour lemon juice mixture over hen halves. Seal bag; turn to coat hen halves. Marinate in the refrigerator for 2 hours, turning bag once. Preheat oven to 375°. Remove hen halves from bag, reserving marinade. Place hen halves, cut sides down in 9 x 13" pan. Pour reserved marinade over. Pour broth around hen halves in baking dish. Sprinkle hen halves with additional salt and pepper. Cover with foil. Roast for 40 minutes. Uncover. Roast for 20 to 35 minutes more until meat is tender and no longer pink.

Norma Hartung

FISH & SEAFOOD

*D*ELICIOUS BAKED FISH

1 lb. cod fillets or any other fish
Salt and pepper
¼ cup salad oil
3 Tbs water

1 tsp lemon flavoring
½ cup fine bread crumbs
2 tsp chopped parsley
1 Tbs oregano

Place thawed fish in well-oiled baking pan and sprinkle with salt and pepper. Mix together the salad oil, water and lemon flavoring. Pour over fish. Lastly add the bread crumbs, parsley and oregano. Bake in a 400° oven for about 30 minutes.

Norma Hartung

*F*ISH STEAKS CREOLE

- | | |
|--------------------------------------|---|
| <i>1 ½ lbs. fish steak</i> | <i>1 cup tomatoes</i> |
| <i>1 sweet green pepper, chopped</i> | <i>1 tsp. salt</i> |
| <i>1 small onion, chopped</i> | <i>½ cup bread crumbs</i> |
| <i>½ cup chopped celery</i> | <i>2 Tbs. butter or margarine, melted</i> |
| <i>2 Tbs. butter or margarine</i> | |

Place fish in well-oiled baking pan. Add chopped pepper, onion, and celery to fry pan with 2 Tbs. of butter or margarine frying slightly. Add tomatoes and cook for 5 minutes, season with salt and pepper, spread this over the fish. Sprinkle with bread crumbs which have been moistened with melted butter or margarine. Bake in a 375° oven for 30 minutes.

Norma Hartung

*M*EDITERRANEAN HERB CRUSTED TILAPIA

- | | |
|--|---------------------------------------|
| <i>6 Tilapia or flounder fillets (1 ½ lb.)</i> | <i>May substitute grated parmesan</i> |
| <i>½ C. butter</i> | <i>½ tsp. salt</i> |
| <i>1 ½ C. spinach leaves, chopped</i> | <i>1 tsp. minced garlic</i> |
| <i>¾ C panko (Japanese) bread crumbs</i> | <i>1 tsp. marjoram leaves</i> |
| <i>½ C. finely chopped bell pepper</i> | <i>¾ tsp. ground mustard</i> |
| <i>3 T. shredded Parmesan cheese (best)</i> | <i>¾ tsp. basil leaves</i> |
| | <i>¾ tsp. oregano leaves</i> |
| | <i>1 tsp. course ground pepper</i> |

Place fish on foil lined baking pan. Sprinkle with salt. Mix butter and all of the spices in a bowl. Brush fish with 1 T. of the seasoned butter. Stir spinach, panko, bell pepper and Parmesan cheese into remaining seasoned butter. Divide mixture evenly among the fish filets, pressing lightly so mixture adheres to top of fish. Bake in 400° oven for 15-20 minutes or until fish flakes easily with fork.

Larry E Sorensen

*P*ARMESAN BAKED SALMON

¼ cup mayonnaise
2 Tbs. grated Parmesan cheese
⅛ tsp. cayenne pepper
4 (1 lb.) salmon fillets, skin removed

2 tsp. lemon juice
10 Ritz crackers, crushed

Preheat oven to 400°. Mix mayonnaise, cheese and pepper until well blended. Set aside. Place salmon on foil - lined shallow baking pan. Drizzle with lemon juice. Top with cheese mixture, spread to evenly coat salmon. Sprinkle with cracker crumbs. Bake 12-15 minutes or until salmon flakes easily with fork.

Staci Rice

*P*ISTACHIO-BAKED SALMON

4 - 6-oz. fresh or frozen skinless salmon fillets
Non-stick cooking spray
⅔ cup salted dry-roasted pistachio nuts, chopped

⅓ cup packed brown sugar
2 Tbs lemon juice
¾ tsp. dried dill
¾ tsp. coarsely ground black pepper

Thaw salmon, if frozen. Rinse fish, pat dry with paper towels. Preheat oven to 425°. Line a 9 x 13" pan with foil. Coat foil with cooking spray; set pan aside. In a small bowl combine nuts, brown sugar, lemon juice, dill, and pepper; set aside. Place salmon fillets in prepared baking pan. Turn under any thin edges to make fillets a uniform thickness. Measure thickness of fish. Spoon pistachio mixture evenly on top of fillets and gently press to form a crust. Bake, uncovered, for 6-8 minutes per ½" thickness of fish or until fish flakes easily when tested with a fork.

Norma Hartung

I don't know the key to success, but the key to failure is trying to please everybody.

- Bill Cosby

*R*OSEMARY BARBECUED SALMON FILLETS

½ cup Kraft Catalina Dressing

¼ cup orange juice

2 fresh rosemary sprigs

2 cloves garlic, minced

6 salmon fillets with skins

MIX first 4 ingredients; pour ¼ cup over fish in shallow dish. Turn fish to coat both sides of each fillet. Refrigerate 1 hour to marinate. Refrigerate remaining dressing mixture until ready to use. HEAT grill to medium heat. Cover grill grate with foil. Remove fish from marinade; discard marinade. Place fish, skin sides down on foil. GRILL 10 to 15 min. or until fish flakes easily with fork, brushing fish with reserved dressing mixture for the last few min.

Norma Hartung

*S*ALMON BURGERS

1 (1 lb.) can salmon, drained

¼ cup butter or margarine

½ cup chopped onion

⅓ cup salmon liquid

⅓ cup bread crumbs

2 eggs, beaten

1 tsp. dry mustard

1 tsp. salt

½ cup crumbs to coat patties

fat for frying

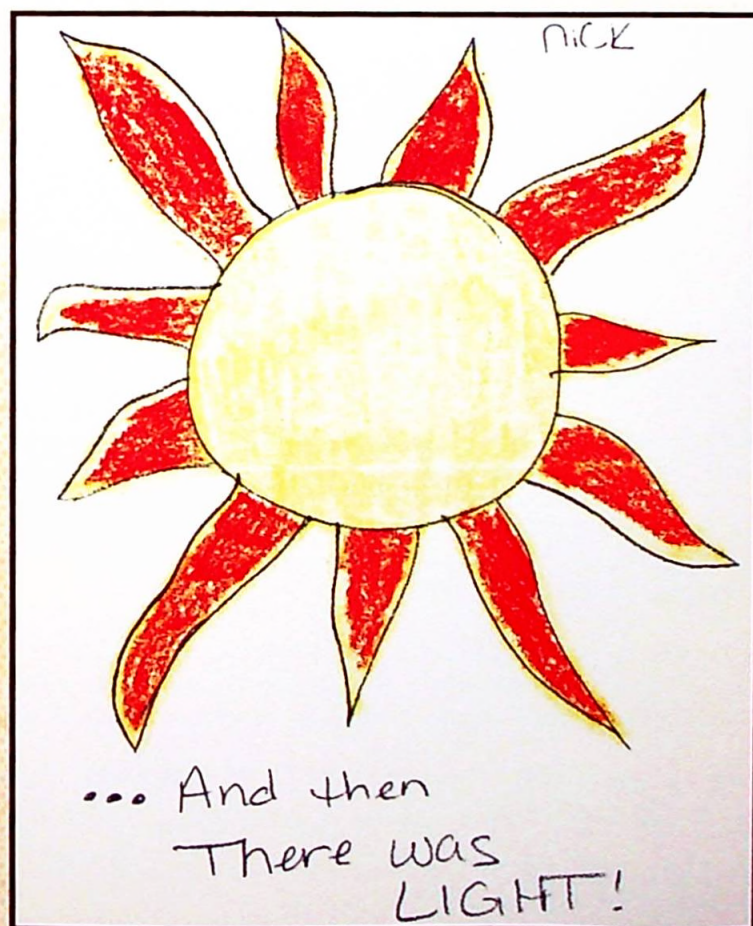
Drain salmon, reserving liquid. Melt butter or margarine and cook onion until tender. Add all ingredients except crumbs for coating and frying fat. Shape into 6 patties. Roll in the remaining crumbs to coat and fry in lightly greased skillet.

Norma Hartung

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

- Ralph Waldo Emerson

Breads and Pastries



Nicholas Pritchard, age 17

Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



Breads & Pastries

BREAD & ROLLS

*B***UTTER HORNS (ROLLS)**

(Mariane's Best)

<i>1 cake yeast (or 1 pkg. dry yeast)</i>	<i>½ cup sugar</i>
<i>2 Tbs. sugar</i>	<i>2 or 3 eggs (beaten)</i>
<i>2 Tbs. warm water</i>	<i>1 tsp. salt</i>
<i>½ cup melted shortening</i>	<i>3 or 4 cups (or more) cups of flour</i>
<i>1 cup warm water</i>	

Mix yeast, 2 Tbs sugar, 2 Tbs water, and shortening and let stand a few minutes. Combine the remaining water, sugar, eggs and salt to the yeast mixture. Once mixed add the flour. Cover and let rise. Punch down and roll out to make rolls. Brush the tops of the rolls with butter and let rise again. Bake at 400* for 15 min.

Nancy Prieb

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

- Abraham Lincoln

BUTTERHORN CRESCENT ROLLS

1 pkg. dry yeast or 2 ½ tsp.
instant yeast

¼ C. warm water (105° - 115°)

½ C. sugar

½ C. shortening

¼ C. very warm water

1 tsp. salt

2 eggs

4 C. flour, sifted

Dissolve yeast & a little sugar in ¼ C. water. Beat eggs, add sugar, salt, shortening & yeast mixture once it has started to bubble in warm water. Then add ¼ C. water to mixture. Add flour 1 cup at a time and mix well each time. I use the dough hooks on my large mixer to do this, but you can use your hands or a large wooden spoon. Then cover with plastic wrap and let it set at room temperature for 2 hours. (Can use 1 ¾ C. whole wheat flour and 2 ½ C. white flour if you like.) After dough has risen and is light, knock down, cover again and refrigerate over night or at least several hours. Then divide dough into 4 equal parts. On a floured board or table roll out into 8 inch circle. Brush with melted butter and cut into 8 pie shaped wedges, then roll each up starting with the wide end and roll to the point. Place on greased baking sheets. Repeat with the other 3 parts of dough. Then cover with a light towel and allow to rise again until light and larger, about 2 hours. Bake at 450° for 8 to 10 minutes, cool on cooling racks. Makes 32 rolls.

Geanella Renner

A diamond cannot be polished without friction, nor the man perfected without trials.

- Chinese Proverb

*B*UTTERMILK POTATO DONUTS †

*1 ½ cup hot unseasoned mash
potatoes
⅓ cup melted margarine
2 cup sugar
3 eggs
1 cup buttermilk*

*1 tsp vanilla
5 ½ cup flour
4 tsp baking powder
1 ½ tsp soda
1 tsp salt
1 tsp nutmeg*

Beat the mash potatoes, margarine, sugar, eggs, buttermilk, and vanilla together. Gradually add the sifted dry ingredients. Chill dough for 1 hour. Drop by teaspoonfuls in hot oil 360°. Fry to golden brown. Put hot donut balls in a sack of powdered sugar and shake. When coated and cooled store in an air tight container.

Note: Mom and Dad would often make this recipe in the early evening and around 9 p.m. go to "Snack Haven" at closing time to fry these "Delicious" donuts. Aunt Anita would generally let us know when she was going to change her frying oil, and then we could use her deep fat fryer to fry these donuts. YUM! Yum!

*Vernon and Lydia Schmidt
Norma Hartung*

Everything that irritates us about others can lead us to an understanding of ourselves.

- Carl Gustav Jung

CINNAMON ROLLS/BREAD DOUGH †

1 pkg. yeast
2 cups warm water
1 Tbs. sugar

2 tsp. salt
2 Tbs. olive oil
5½ cup flour

Mix yeast, water, and sugar. Let rest for 5 minutes till it bubbles. Add salt, oil, and flour in bowl. Knead until flour is mixed in and dough is elastic. Put in bowl, cover, and let rise for four hours. Knock down. Divide into loaves for bread and place in loaf pans. Bake at 350° until bread is golden brown and when you thump it (sounds hollow). This same dough can be used for cinnamon rolls. Roll out dough, spread with melted butter, sprinkle with sugar, and cinnamon. Fold dough in half. Cut 1" strips. Take strips and twist, then spin the dough into roll shape. Bake until golden brown.

ICING FOR ROLLS

2 cups brown sugar
1 cup cream

2 Tbs. butter
1 tsp. vanilla

Place all ingredients in saucepan. Boil for 20 minutes. Let cool. Spread on cinnamon rolls, and sprinkle with chopped pecans or peanuts.

Anita Fakes
Norma Hartung

DUMPLINGS

1½ cups flour
2 tsp. baking powder
½ tsp. salt

3 T. shortening
¾ cup milk

Mix flour, baking powder & salt together. Cut in shortening until crumbly. Stir in milk. Drop by spoonfuls into boiling (chicken) stew. Reduce heat & cook 10 min's. uncovered. Cover and cook for another 10 min's.

Betty McConnell



FRENCH BREAD

1 pkg. dry yeast
1 cup lukewarm water
1 Tbs. sugar
1 tsp. salt

1 Tbs. melted shortening
2 egg whites, beaten
3-4 cups flour

Soften yeast in $\frac{1}{4}$ cup of the lukewarm water. To the remaining water add sugar, salt and shortening. Add 1 cup flour, beating well. Then add softened yeast and egg whites. Mix thoroughly. Add enough more flour to make a soft dough and knead until smooth and satiny. Grease surface lightly. Cover and let rise until doubled. Punch down. When again doubled, knead down. Shape into a long, slender loaf pointed at the end and place on a flat baking sheet that is greased and sprinkled with cornmeal. Let rise until doubled. When light cut diagonal gashes in top of loaf with sharp knife. Place a large flat pan filled with boiling water on floor of oven to give crustiness. Bake in a hot oven (425°) for about one hour. This recipe will yield one loaf.

Christy Kilpatrick

GOOD & GOOEY CINNAMON ROLLS

1 pkg. of Rhodes cinnamon rolls.
1 stick butter or margarine
1 C. Vanilla Ice cream

$\frac{1}{2}$ C. white sugar
 $\frac{1}{2}$ C. brown sugar

Mix ice cream, margarine and sugars and bring to a rolling boil for 2-3 minutes. Set aside to cool. Batter a large pan (11 x 17 or larger) and place the frozen Rhodes rolls on it. Pour the cooled sauce over the top. Cover with plastic wrap and let rise until morning. Bake at 350° for 20-30 minutes and frost while warm with frosting from pkg. or your own favorite. REALLY GOOD AND GOOEY!!

Pat Phillips

The true measure of a man is how he treats someone who can do him absolutely no good.

- Ann Landers

JAY'S CORNBREAD †

2 C. yellow cornmeal	1 tsp. baking powder
1 tsp. salt	$\frac{3}{4}$ tsp. baking soda
1 T. white sugar	1 egg
1 T. brown sugar	$\frac{1}{3}$ cup buttermilk

Heat oven to 400°. Heat cast iron skillet with a couple T. of bacon grease and coat well. When hot pour in batter and bake for 20 minutes until firm to the touch.

Note: Can't go wrong with this one.

Jay Simmons (KFBI's "Larry James")
Larry Sorensen

ROSEMARY BREAD

21 grams ($\frac{3}{4}$ oz.) dry yeast	3 Tbs. salt
$\frac{3}{4}$ cup warm water	4 cup unbleached all-purpose flour
$\frac{3}{4}$ cup milk at room temperature	1 tsp. coarse sea salt
$\frac{1}{4}$ cup olive oil	

Stir the yeast into the water in a large mixing bowl, let stand until creamy, about 10 minutes. Stir in the milk and oil. Combine the rosemary, salt, and flour and stir into the yeast mixture in 3 or 4 additions. Stir until the dough comes together. Knead on a floured surface until velvety, elastic, and smooth, 8 to 10 minutes. It should be somewhat moist and blistered. Place the dough in an oiled bowl, cover tightly with plastic wrap, and let rise until doubled, about 1½ hours. Gently punch down dough on a lightly floured surface, but don't knead it. Cut the dough in half and shape each half into a round ball. Place the loaves on a lightly oiled baking sheet, cover with a towel, and let rise 45-55 minutes (but not until doubled.) Heat the oven to 450°. Just before putting loaves in oven, slash an asterisk in the top of each with a knife. Sprinkle half the sea salt into the cut on each loaf. Bake 10 minutes, spraying 3 times with water. Reduce the heat to 400° and bake 30-35 minutes longer. Cool on racks.

Staci Rice

ZION'S COMMUNION BREAD

2 cups stone ground whole wheat flour	$\frac{3}{4}$ tsp salt
$\frac{1}{2}$ cup white flour	3 Tbs Crisco shortening
$\frac{3}{4}$ tsp soda	scant 1 cup water
	3 Tbs. honey

Sift dry ingredients. Add shortening, blend well. Add the water and honey. Knead until you have good texture. Dough will be sticky. Knead with spoon until dough will not stick to spoon, then knead by hand. Divide dough into 8 balls. Roll each to less than $\frac{1}{2}$ inch. Make cross sign with fork. Place on greased cookie sheet and bake at 350° for 10-15 min. Length of time depends on thickness of dough.

Note: Pat Phillips has made Communion Bread for Zion for many years after accepting this responsibility from Lydia Griffith.

Pat Phillips

QUICK BREAD

APPLESAUCE OAT BREAD

$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ tsp cloves
Hot water to cover raisins	$\frac{1}{4}$ tsp baking soda
1 cup whole wheat flour	$\frac{1}{4}$ tsp salt
1 cup white flour	1 egg
1 cup quick rolled oats	$\frac{1}{4}$ - $\frac{1}{2}$ cup brown sugar
4 tsp baking powder	$\frac{3}{4}$ cup applesauce
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{2}$ cup water or apple juice
$\frac{1}{2}$ tsp ginger	2 Tbs oil

Soak raisins in hot water. Let stand. In a large bowl combine the white flour, wheat flour, oats, baking powder, spices, soda, and salt. In medium bowl, beat together the egg, brown sugar, applesauce, water, and oil. Drain raisins and stir into the applesauce mixture. Add the wet mixture to the dry ingredients, stirring just until moistened. Pour into a greased loaf pan. Bake at 350° for 50-60 min.

Staci Rice

*A*PRICOT NUT LOAF ❀

1 cup sugar
¼ cup shortening

1 egg

¾ cup milk

¾ cup orange juice

½ tsp orange flavoring

3 cups sifted flour

3½ tsp baking powder

1 tsp salt

1 cup chopped dried apricots

½ cup chopped English walnuts

Cream together the sugar and shortening. Add egg, milk, orange juice and orange flavoring and beat well. Sift and add flour, baking powder and salt. Stir in the apricots and nutmeats. Bake in a greased loaf pan for 60-70 minutes at 350°. When done, cool and remove from pan. Wrap in foil and don't slice until the following day.

Anita Fakes

*B*ANANA NUT BREAD †

1¾ cup all purpose flour, sifted

¼ tsp baking soda

½ tsp salt

½ cup chopped walnuts or pecans
(Optional)

⅔ cup brown sugar, firmly packed

⅓ cup shortening

2 eggs, unbeaten

1 cup mashed ripe bananas (2-3)

Sift together the first 3 ingredients, add nuts and set aside. In mixing bowl thoroughly cream sugar and shortening. Add eggs and beat well. Stir in mashed bananas, then the flour-nut mixture, beating just until smooth. Pour into greased 9½ x 5 x 3 inch loaf pan. Bake at 350° for about 1 hour, or until done when tested. Turn out on rack to cool.

Note: Thelma was mom to Donna Stewart and Wayne Buskirk, a Son of the Church, a Lutheran minister. She also helped out in the kitchen.

Thelma Buskirk

Marsha Cooper

Happiness is inward, and not outward; and so, it does not depend on what we have, but on what we are.

- Henry Van Dyke

*B*BLUE RIBBON BANANA BREAD ❀

<i>2/3 cup sugar</i>	<i>1 tsp banana flavoring</i>
<i>1/3 cup shortening</i>	<i>2 cups flour, sifted</i>
<i>1/2 tsp butter flavoring</i>	<i>1 tsp baking powder</i>
<i>2 eggs</i>	<i>1/2 tsp soda</i>
<i>3 Tbs sour milk or buttermilk</i>	<i>1/2 tsp salt</i>
<i>1 cup mashed bananas</i>	<i>1/2 cup English walnuts, chopped</i>

Cream the sugar, shortening, butter flavoring and eggs together thoroughly. Stir in the milk, bananas and banana flavoring. (If you do not have sour milk or buttermilk, add 1 tsp vinegar to enough sweet milk to make the 3 Tbs needed.) Sift the dry ingredients together and beat into the batter. Lastly, fold in the nuts. Pour into a greased loaf pan. Let stand in the pan at room temperature for 30 minutes before baking. (This improves the texture of the bread.) Bake at 350° for 50 minutes. Turn out onto a rack to cool.

Note: This is my favorite recipe for banana bread.

Anita Fakes

*D*ATE NUT BREAD

<i>1 lb. dates (cut into sm. pieces)</i>	<i>pinch of salt</i>
<i>1 tsp. baking soda</i>	<i>2 eggs</i>
<i>1 C. boiling water</i>	<i>1 tsp. vanilla</i>
<i>1 T. butter</i>	<i>1 C. flour</i>
<i>1 C. sugar</i>	<i>1 C. nuts</i>

Mix first five ingredients. Cool. Add remaining ingredients and bake in bread loaf pan at 350° for 45-50 minutes.

Dorothy Sorensen

Experience is not what happens to a man, it is what a man does with what happens to him.

- Aldous Huxley

*F*RESH APPLESAUCE NUT BREAD

2¼ C. flour
½ tsp. salt
½ tsp. baking soda
½ tsp. ground cloves
½ tsp. cinnamon
1 tsp. double acting baking powder

¼ tsp. nutmeg
1 C. applesauce
½ C. vegetable shortening
1 C. brown sugar
1 C. walnuts

1. Mix dry ingredients (first 7) in a mixing bowl and set aside. 2. Place applesauce, vegetable shortening and brown sugar in blender and blend on high until smooth. Add chopped walnuts. Blend on low until walnuts are suitably chopped and mixed. 3. Pour liquid mixture over dry mixture and beat together by hand in mixing bowl. Line a 9x5x3 inch pan with waxed paper. Pour batter into pan and bake in oven at 325° for 1 hour. Ice or sprinkle with powdered sugar.

Marvel Huskinson

*G*RANDMOTHER'S FAMOUS CRANBERRY BREAD

2 cups flour
1 cup sugar
1½ tsp baking powder
1 tsp salt
½ tsp soda
¼ cup butter or margarine

1 egg (beaten)
1 tsp grated orange peel
¾ cup orange juice
1½ cups light raisins
1½ cups fresh or frozen cranberries, chopped

Sift flour, sugar, baking powder, salt, and baking soda into a large bowl. Cut in butter until mixture is crumbly. Add egg, orange peel, and orange juice all at once; stir just until mixture is evenly moist. Fold in raisins and cranberries. Spoon into a greased 9 x 5 x 3 inch loaf pan. Bake at 350° for 1 hour and 10 minutes, or until a toothpick inserted in center comes out clean. Remove from pan; cool on a wire rack. IF YOU CHOOSE, YOU MAY SUBSTITUTE CRANBERRIES FOR THE RAISINS TO HAVE AN ALL CRANBERRY BREAD.

Note: This is a recipe children can make with a little help from Mom.

Norma Hartung

*P*OPPY SEED BREAD

3 cups flour
2 ¼ cups sugar
1 ½ tsp salt
1 ½ tsp baking powder
1 ½ tsp almond extract
1 ½ tsp butter extract

1 ½ tsp vanilla
3 eggs
1 cup oil
1 ½ cup milk
2 Tbs poppy seeds

Mix and pour into 1 greased loaf pan and bake at 350° for 50 minutes. Put on glaze when you remove from oven.

Glaze

¼ cup orange juice
¾ cup powdered sugar
½ tsp vanilla

½ tsp butter extract
½ tsp almond extract

Mix all ingredients and bring to boil and pour over hot baked bread. Leave in pan for several hours or overnight. (I always double the glaze.)

Shelley Charles

*R*HUBARB NUT BREAD

1 ½ C. rhubarb, diced
1 ½ C. brown sugar
½ C. vegetable oil
1 egg
1 tsp. baking soda
1 tsp. salt

1 tsp. vanilla
2 ¾ C. flour
½ C. nuts, diced
1 ½ T. soft butter
½ C. sugar
1 C. sour milk or buttermilk

Mix brown sugar, oil & egg. Add in soda, salt, vanilla & milk. Add flour, rhubarb & nuts. Pour into 2 greased & floured loaf pans. Spread softened butter over top & sprinkle with sugar. Bake at 325° for 1 hour plus. (Test for doneness with a tooth pick.)

Larry E Sorensen

What you do speaks so loudly that I cannot hear what you say.

- Ralph Waldo Emerson

MUFFINS & BISCUITS

ANGEL BISCUITS †

5 cups flour
¾ cup shortening
1 tsp baking powder
1 tsp baking soda
1 tsp salt

3 Tbs sugar
1 pkg yeast
½ cup lukewarm water
2 cups buttermilk

Stir dry ingredients together. Cut in shortening. Add buttermilk and yeast dissolved in water. Mix with spoon until flour is moistened. Cover bowl and put into refrigerator until ready to use as needed. Take out as much as needed. Roll out on floured board ½ to ¾ inch thick. Cut biscuits. Bake at 400° on cookie sheet 12 minutes. Dough will keep several weeks in refrigerator. Also, dough can be used in the making of sweet rolls.

Anita Fakes
Norma Hartung

BETTER BRAN MUFFINS

1 cup flour
½ cup sugar
2½ tsp baking powder
½ tsp salt
½ tsp soda

1¼ cup bran buds (cereal)
1 cup milk
1 egg
¼ cup vegetable oil

Preheat oven to 400°. Combine flour, sugar, baking powder, soda, and salt. Set aside. Mix bran with milk. Let sit 5 min. to soften. Add egg and oil to bran, beating until blended. Add flour mixture, stirring just until combined. Do not overmix. Fill muffin cups (paper ⅔ full. Bake at 400° about 20 min. Makes 12-14.

Mrs. Wayne (Ronnie) Buskirk

BISCUITS

1 cup flour
3 tsp baking powder
½ tsp salt

4-5 Tbs shortening
½ cup milk

Mix dry ingredients. Cut in shortening until fine crumbs. Add milk and mix thoroughly. Turn out on a floured surface. Knead with hands until smooth. Pat out about ½" thick. Cut with biscuit cutter or shaped as desired. Bake at 450° for 12 minutes or until nicely browned. KNEAD as little as possible (just until no longer sticky) this will keep biscuits from being tough.

Shelley Charles

GOLDEN PEACH MUFFINS

1½ cups all-purpose flour
1 cup sugar
¾ tsp salt
½ tsp baking soda
¼ tsp ground cinnamon

2 eggs
½ cup vegetable oil
½ tsp vanilla
1 (15½ oz.) can sliced peaches,
drained and finely chopped

In a bowl, combine the first 5 ingredients. In another bowl, combine the eggs, oil and vanilla. Stir into dry ingredients just until moistened (batter will be thick) fold in peaches. Fill paper-lined muffin cups ¾ full. Bake at 350° for 25-30 min. or until toothpick comes out clean. Cool 5 minutes before removing from pan to wire rack. Yield - 1 dozen.

Pat Phillips

NO-GUILT CHOCO-PUMPKIN MUFFINS ☺

1 devil's food cake mix

1 can (15 oz) pure pumpkin

Just combine cake mix and pumpkin. DON'T ADD ANYTHING ELSE, (like eggs or oil). Pour the batter into a 12-cup lined muffin pan; bake 20 min. at 400°. They only have 181 calories, 3.5 grams fat and are so yummy!

Betsy Ledin

*O*ATMEAL MUFFINS ❀

<i>1 cup rolled oats</i>	<i>½ cup oil</i>
<i>1 cup buttermilk</i>	<i>1 cup brown sugar</i>
<i>1 cup whole wheat flour</i>	<i>¼ cup nuts</i>
<i>½ tsp salt</i>	<i>1 egg, beaten</i>
<i>1½ tsp baking powder</i>	<i>¼ cup raisins</i>
<i>½ tsp baking soda</i>	

Soak oats in buttermilk for 30 minutes, add oil, brown sugar and egg to oatmeal mixture. Add flour, salt, soda, and baking powder. Mix, spoon into muffin tins. Makes 12 muffins. Bake at 350* for 25 minutes.

Anita Fakes

Hilda Fakes

*P*UMPKIN MUFFINS

<i>3½ cups flour</i>	<i>1 tsp nutmeg</i>
<i>3 cups sugar</i>	<i>1 cup oil</i>
<i>2 tsp soda</i>	<i>⅔ cup water</i>
<i>1½ tsp salt</i>	<i>4 eggs</i>
<i>1 tsp cinnamon</i>	<i>2 cups pumpkin</i>

Mix oil, water, eggs, and pumpkin in bowl. Add all the dry ingredients to the pumpkin mixture. Stir ingredients and pour batter into paper lined or greased muffin cups.

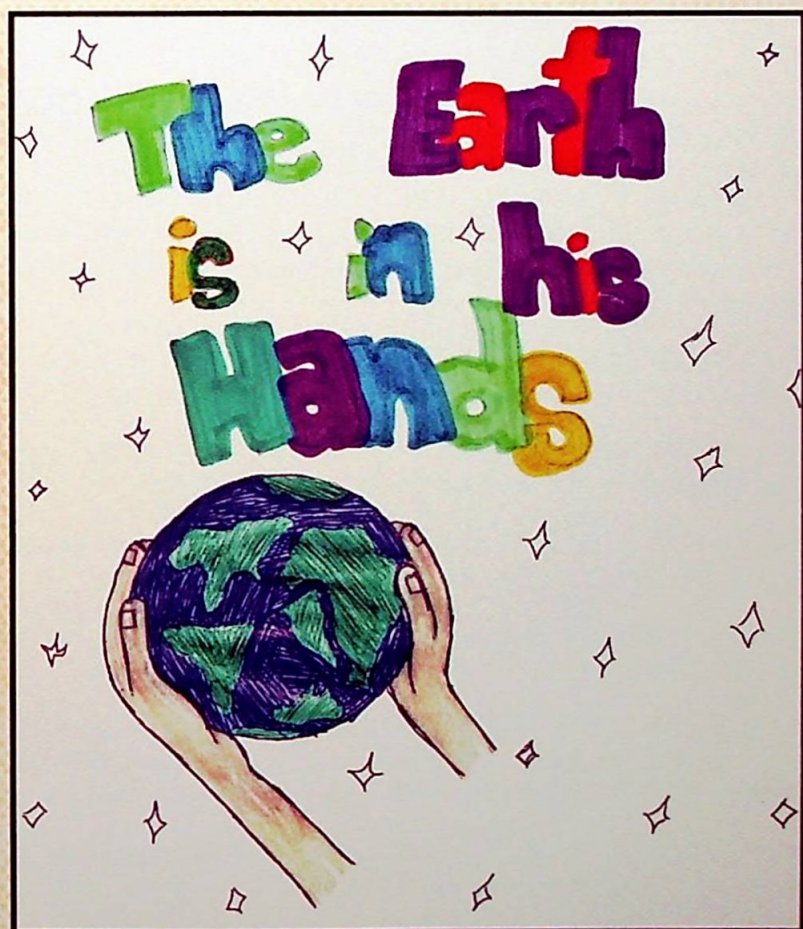
Streusel Topping

<i>½ cup flour</i>	<i>¼ tsp cinnamon</i>
<i>½ cup brown sugar</i>	<i>pinch of salt</i>
<i>2 Tbs sugar</i>	<i>4 Tbs butter cut into chunks</i>

Mix all ingredients with hands-should resemble sand. Sprinkle on top of muffins. Bake at 400° for 15 min.

Mrs. Wayne (Ronnie) Buskirk

Cultural



Sadie Liby, age 12

Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.

*B*RODICK SWEET BANNOCK (IRISH BREAD)

1 cup old fashioned rolled oats
1 cup whole wheat flour
1 Tbs baking powder
3 Tbs sugar
¾ tsp salt

1 cup unsalted butter, (cold and
diced)
1 large egg
3-4 Tbs milk

Preheat oven to 375°. Lightly flour the center of a baking sheet. In a blender or food processor with metal blade in place, process oats until ground to a fine texture. In a large bowl, combine the flour, baking powder, sugar, and salt. Stir in ground oats. With a pastry blender, cut in butter until mixture is uniformly crumble. In a small bowl, whisk the egg and 3 Tbs milk. Add to dry ingredients, stirring to make a moist and soft dough, adding a little more milk if needed. Gather to form a ball. Place in center of prepared baking sheet. With floured hands, shape into a 7 or 8 inch round about ½ inch thick. Bake in preheated oven until evenly golden and toothpick inserted in center comes out clean, about 20 minutes. Remove to a wire rack. Makes one round loaf.

Staci Rice

A good listener is not only popular everywhere, but after a while he gets to know something.

- Wilson Mizner

*H*AM AND RICE SPANISH STYLE †

2 Tbs. salad oil	1½ cup cooked ham, cubed
½ cup sliced onion	2 Tbs. fresh celery leaves, chopped
1 (16 oz.) can tomatoes, mashed	1 tsp. Worcestershire sauce
2 cups cooked rice or 1 cup instant	salt and pepper to taste

Heat salad oil in skillet. Add onion and cook over low heat until soft, stirring occasionally. Add tomatoes, rice, ham, celery leaves and Worcestershire sauce and stir well. Cook over low heat for 15-20 minutes until juice has cooked down. Can be baked in oven if preferred.

Note: Besides being Harley's Grandpa, he also was a telegraph operator for many years.

*William Weigand
Harley Phillips*

*J*AMAICAN BBQ SAUCE

1½ C. apple cider	1 tsp. garlic powder
3 T. Worcestershire sauce	1 tsp. cayenne pepper
4 tsp. lemon juice	¾ tsp. salt
2 tsp. brown sugar	½ tsp. accent
1 T. prepared mustard	1 C. ketchup
1 T. liquid smoke (hickory or mesquite)	½ C. tomato purée

Mix well all ingredients. Simmer for 10 minutes. DO NOT BOIL. Cool and enjoy.

Larry E Sorensen

Not the senses I have but what I do with them is my kingdom.

- Helen Keller

*J*AMBALAYA

*½ lb. boned chicken breasts, cut
into pieces*

2 Tbs. butter or margarine

12 oz. kielbasa, sliced

1 small green pepper, diced

1 small onion, diced

1 stalk celery, diced

1 (14½ oz.) can stewed tomatoes

½ cup water

1½ cup instant rice

½ tsp. salt

½ tsp. hot pepper sauce

Cook and stir chicken in hot butter in a large skillet until lightly browned. Add kielbasa, green pepper, onion and celery. Cook until vegetables are just tender, about 5 minutes. Mix in tomatoes and water; bring to a full boil. Stir in rice, salt, and hot pepper sauce. Cover, remove from heat. Let stand 5 minutes. Fluff with fork.

Staci 'Rice

*I have learned to seek my happiness by limiting my desires,
rather than in attempting to satisfy them.*

- John Stuart Mill

*J*EWISH APPLE CAKE

CAKE

<i>6 peeled, thinly sliced Granny Smith apples</i>	<i>½ tsp salt</i>
<i>1½ cups plus 5 Tbs granulated sugar, divided</i>	<i>4 eggs</i>
<i>4 tsp cinnamon</i>	<i>½ cup brown sugar</i>
<i>3 cups flour</i>	<i>1 cup vegetable oil</i>
<i>1 Tbs baking powder</i>	<i>½ cup orange juice</i>
	<i>2½ tsp vanilla</i>

Preheat oven to 350°. Grease 10" bundt pan very well with Crisco no cooking spray. Sugar and flour bundt pan. Combine apple slices with 5 Tbs sugar and cinnamon; set aside. Combine flour, baking powder, and salt in a bowl and set aside. Beat eggs with rest of granulated sugar and brown sugar. Add oil, orange juice, and vanilla; beat well. Gradually blend in flour mixture and mix until well blended, about 1 minute. Pour one-third of batter into pan. Drain liquid off of apples. Top batter with half the apple slices. Pour in half of remaining batter and top with rest of apples. Top with remaining batter. Making sure apples are covered. Bake 70 minutes until the top turns golden brown and knife inserted near the center comes out clean. Let cool 10 minutes in pan. Turn out onto wire rack and let cool completely.

TOFFEE SAUCE

<i>1 cup butter</i>	<i>1 cup sour cream</i>
<i>1 cup sugar</i>	<i>1 Tbs vanilla extract</i>
<i>1 cup firmly packed brown sugar</i>	

Combine all ingredients in a saucepan. Bring to a boil, stirring constantly. Serve warm spooned over each individual slice of apple cake.

Alice Jane Hayes

You probably wouldn't worry about what people think of you if you could know how seldom they do.

- Olin Miller



*K*IBBER SINECA

(Baked Spiced Kibber (Lebanese))

<i>1 cup bulgur wheat</i>	<i>1 tsp. pepper</i>
<i>1½ lbs. lean ground lamb or beef</i>	<i>1 tsp. salt</i>
<i>½ cup pine nuts</i>	<i>⅛ tsp. allspice</i>
<i>4 medium onions, minced</i>	<i>⅛ tsp. cloves</i>
<i>3 Tbs. butter</i>	

Soak wheat for 1 hour. Squeeze to drain. Brown pine nuts and onions lightly over med-low heat. Remove from heat. Combine meat, wheat, and seasonings. Mix and knead for approximately 10 minutes. Divide in half. Form one layer in an 8 x 8" buttered baking dish. Top with onion and pine nut mixture. Spread evenly over meat. Lay on top layer of meat, pressing down and smoothing. Run a spatula over the outer edge, forming a ridge for the absorption of butter. Dip the spatula in cold water and make cuts the length of the pan. Then go back across crosswise, forming diamond shaped pieces. Glaze the top with 3 Tbs melted butter. Bake at 400° for 20-30 minutes until browned. Serve with sour cream, if desired.

Staci Rice

*M*EDITERRANEAN SPINACH

<i>½ cup green onions, sliced</i>	<i>1¼ lbs. spinach, rinsed and drained, stems removed</i>
<i>1 clove garlic, pressed</i>	<i>3-4 Tbs. feta cheese, crumbled</i>
<i>1½ tsp. dill, chopped</i>	<i>1 Tbs. capers</i>
<i>2 medium roma tomatoes, chopped</i>	<i>pepper</i>

Combine onions, garlic, dill, and ¼ cup water. Stir-fry over medium heat until onions are soft and almost all liquid has evaporated. Transfer mixture to bowl and stir in tomatoes. Keep warm. Add half the spinach to fry pan and add 1 Tbs. water. Stir-fry over medium heat until spinach is just beginning to wilt. Add remaining spinach, stir-fry until spinach is wilted (2 minutes) With slotted spoon, transfer spinach to a platter and spread out sightly. Discard liquid from pan. Top spinach with tomato mixture. Sprinkle with feta and capers. Season to taste.

Staci Rice

MOROCCAN LENTIL SALAD

1 ¼ cup green lentils
1 small onion, halved
3 whole cloves
5 cups water
¼ cup fresh lemon juice
2 tsp olive oil

1 tsp dried mint
1 tsp ground cumin
½ tsp ground coriander
½ tsp salt
minced garlic (to taste)
½ cup chopped roasted red pepper

Pick lentils over and rinse well. Stick one onion half with the cloves. In a large saucepan, combine water, lentils, and the onion with cloves. Bring to boil over medium heat. Reduce heat to low and simmer, uncovered until the lentils are tender, about 20 minutes. Discard onion. Drain lentils and let cool slightly. In a bowl, combine lemon juice, olive oil, mint, cumin, coriander, salt, and garlic. Add lentils and toss to mix. Finely chop the remaining onion half and add to the lentils along with the roasted red peppers. Chill at least 30 minutes to allow flavors to blend. Serve at room temperature or chilled.

Staci Rice

SABZI PIEZ

(Braised Carrots and onion, Uzbek style)

1 bunch young carrots
1 onion
1 large ripe tomato or 2 Tbs purée
2 Tbs butter

salt to taste
pinch cayenne pepper
chopped spring onion
fresh coriander or parsley

Scrape carrots and julienne. Slice onion in thin rings. Peel tomato and chop fine. Heat butter and fry onion rings until brown over high flame. Add tomato or paste and let liquid evaporate. Stir in carrots, season with salt and cayenne pepper, and cook 2 minutes longer. Add water to cover carrots. Cover, reduce flame, and cook slowly until carrots are thoroughly tender, 15-30 minutes. Sprinkle with chopped onion and fresh herbs.

Staci Rice



SELKIRK BANNOCK

(Scottish bread)

3 cups (about) bread flour
2 Tbs sugar
1 pkg fast rising dry yeast
½ tsp salt
¼ cup milk

½ cup (1 stick) unsalted butter
2 ½ cups golden raisins
1 egg yolk beaten with 1 Tbs
water (glaze)

Mix 2 ½ cup flour, sugar, yeast, and salt in large bowl. Bring milk and butter to simmer in medium saucepan, stirring until butter melts. Cool to 125° to 130°. Stir into dry ingredients. Mix in enough remaining flour to form soft dough. Turn out onto floured surface and knead until smooth and elastic, about five minutes. Lightly oil large bowl. Add dough turning to coat. Cover and let rise in warm area until doubled, about 1 ½ hrs. Lightly grease baking sheet. Punch down dough. Knead in raisins. Shape dough into 7 inch diameter round. Place on prepared sheet. Cover with towel and let rise in warm area until almost doubled. About 40 minutes. Preheat oven to 375°. Brush bread with egg glaze. Bake until bread is golden and sounds hollow when tapped on bottom, about 45 min. Transfer to rack to cool.

Staci Rice

SHIRO

(Main Dish from Ghana)

2 cans chick peas
1 large onion, chopped
2 medium tomatoes, chopped or 1
can stewed tomatoes

5 Tbs olive oil
1 clove garlic, diced
1 green pepper, diced
Salt to taste

Fry onion with oil on low, heat until soft, about 5 minutes. Add tomatoes and fry for 2 or 3 minutes. Drain chickpeas and process in food processor. Add to tomato/onion mixture. Add garlic green pepper, and salt to taste. Stir and cook until mixture becomes thick. Serve with rice.

Staci Rice

*S*WISS POTATO SOUP

<i>5 bacon strips, diced</i>	<i>1½ tsp. salt</i>
<i>1 medium onion</i>	<i>⅛ tsp. pepper</i>
<i>2 C. water</i>	<i>⅓ C. all-purpose flour</i>
<i>4 medium potatoes, peeled and cubed</i>	<i>2 C. milk</i>
	<i>1 C. shredded Swiss cheese</i>

In large saucepan, cook bacon until crisp. Remove bacon & drain reserving 1 T. drippings. Sauté onion in drippings until tender. Add water, potatoes, salt & pepper. Bring to a boil. Reduce heat; simmer, uncovered for 12 minutes or until potatoes are tender. Combine flour and milk until smooth; gradually stir into potato mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Remove from the heat; stir in the cheese until melted. Sprinkle with bacon. Yields 4 servings.

Norma Hartung

Opportunities are usually disguised as hard work, so most people don't recognize them.

- Ann Landers

DUTCH COUNTRY

*F*RIENDSHIP BREAD

(MENNONITE CINNAMON BREAD)

STARTER INGREDIENTS

- | | |
|---|------------------------------------|
| 1 (.25 oz.) pkg. active dry yeast | 3 C. white sugar, divide in thirds |
| $\frac{1}{4}$ C. warm water (110°) | 3 C. milk |
| 3 C. all purpose flour, divided in thirds | |

In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart glass, plastic or ceramic container (not metallic), combine 1 cup flour and 1 cup sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in one cup milk and dissolved yeast mixture. Cover loosely and let stand until bubbly. Consider this day 1 of the 10 day cycle. Leave loosely covered at room temperature. On days 2-4; stir starter with a wooden spoon. Day 5; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Days 6-9; stir only. Day 10; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Remove 1 cup to make your first bread. Give two cups to friends in a zip lock bag, along with your favorite Amish recipe. Store remaining 1 cup starter in a container in the refrigerator or begin the 10 day process over again beginning with step 2.

MENNONITE CINNAMON BREAD

- | | |
|-------------------------|--------------------------------------|
| 1 C. oil | $\frac{1}{2}$ tsp. soda |
| 1 C. sugar | 1- $\frac{1}{2}$ tsp baking powder |
| 1 tsp. Vanilla | 1 lg. or 2 sm. pkg. of instant Jello |
| 3 lg. eggs | Butterscotch pudding mix |
| $\frac{1}{2}$ C. milk | (Optional) 1 C. Chopped Nuts, |
| 2 C. flour | Chocolate Chips, Butterscotch |
| $\frac{1}{2}$ tsp. salt | Chips, etc. |
| 2 tsp. cinnamon | |

To your cup of starter. Mix first 5 ingredients, set aside. Mix next 6 dry ingredients. Add flour mixture to liquid mixture and stir well. Mix an additional $\frac{1}{2}$ C. sugar and 1 tsp. cinnamon to coat pan bottom and sides. Pour batter into 1 lg., well greased and sugared loaf pan. You can sprinkle extra cinnamon and sugar on top. Bake at 325° for 1 hour. (A few minutes longer if needed). Check with toothpick for doneness.

(continued)

CONTINUING THE STARTER

Day 1: Do Nothing

Day 2 - 5: Mush bag twice (2) per day.

Day 6: Add to the bag - 1 C. flour, 1 C. sugar, 1 C. milk. Let out as much

air as possible. Seal and Mush well.

Day 7 - 9: Mush bag twice (2) per day.

Day 10: Squeeze contents out of bag into LG. bowl.

Once you have reached day 10 you are ready to make some bread. Add to the bowl: 1 C. flour, sugar and milk. Mix thoroughly. Measure (4) one cup starters into Ziploc bags. Give bags along with these instructions for others to enjoy. Retain your cup and refer to your favorite recipe.

Note: Variations: Instead of 2 Vanilla pudding mixes, use 1 Vanilla and 1 Chocolate and $\frac{3}{4}$ C. Chocolate Chips - OR - try 1 V. and 1 Butterscotch and $\frac{3}{4}$ C. Butterscotch Chips. Nuts can also be added. Just use your Imagination. If you like monkey bread you're gonna love this.

Larry E Sorensen

Jay Simmons

FUNNEL CAKE

1 $\frac{1}{2}$ C. flour

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ tsp. baking soda

2 T. sugar

$\frac{3}{4}$ T. baking powder

1 egg, beaten

$\frac{2}{3}$ C. milk

Sift together dry ingredients. Set aside. Mix eggs and milk; add to dry ingredients. Beat until smooth. Heat at least 1 inch of oil to 375°. Hold finger over bottom of funnel and pour batter in. Remove finger and let batter drop into stainless ring or fry pan in a spiral motion. Fry until golden brown. Sprinkle with powdered sugar or top with fruit or pie filling. Add milk if dough is too thick.

Note: Funnel Cakes are considered a "Pennsylvania Dutch" recipe. Somewhere between a doughnut and a fritter, funnel cakes originated in farm kitchens where the Pennsylvania Dutch women used ingredients at hand to make a variety of treats. Often eaten hot from the pan sprinkled with powdered sugar but old timers will tell you only molasses is the best accompaniment.

Larry E Sorensen

GERMAN SWEET CHOCOLATE PIE 🍷

1 (4 oz.) pkg Baker's German sweet chocolate	3 Tbs cornstarch
¼ cup butter	2 eggs
1 ¾ cup (14 ½ oz. can) evaporated milk	1 tsp vanilla
1 ½ cup sugar	1 unbaked 10" pie shell
⅓ tsp salt	1 ½ cup Angel Flake coconut
	½ cup pecans

Melt chocolate with butter over low heat, stirring until blended. Remove from heat, then gradually blend in milk. Mix sugar, cornstarch and salt thoroughly. Beat in eggs and vanilla. Gradually blend in chocolate mixture. Pour in pie shell. Combine coconut and nuts, sprinkle over filling. Bake at 375° for 45 minutes or until puffed. Filling will be soft, but will set while cooling. Cool at least 4 hours before serving. Top with whipped topping if you wish.

Note: This is one of my all time favorite pies.

Norma Hartung

MINCE MEAT FOR PIE 🍷

¼ lb. ground beef	½ tsp. salt
3 large apples, chopped coarsely	1 ½ tsp. cinnamon
¾ cup brown sugar	½ tsp. cloves
1 cup raisins	1 tsp. rum
1 tsp. vinegar	

Cook meat, apples, brown sugar, raisins, and vinegar until tender. Burns easily, so watch carefully, and continue to stir. Add remaining ingredients. This is enough filling for 1 double crust pie.

Note: This was one of Dad's favorite pies.

*Vernon Schmidt
Norma Hartung*

*P*ORK AND BEAN CAKE

2 C. granulated sugar

2 tsp. baking soda

1 tsp. baking powder

2 tsp. plain cinnamon

½ tsp. salt

4 eggs

1 C. vegetable oil OR canola oil

2 C. plain flour

1 (16 oz.) can pork and beans
(drained and mashed)

16 oz can. crushed pineapple
(undrained)

¼ C. Pecans Optional (or put your
favorite nuts in icing or batter)

Mix all dry ingredients together. Add slightly beaten eggs and oil mixture. Mash beans and mix with pineapple. Add this to above ingredients. Pour into a Bunt pan and bake at 350 degrees for 40-45 minutes. If using a 9 x 13 cake pan bake at 375. Let cool completely before icing.

ICING

8 oz. cream cheese

2 tsp. vanilla

¼ C. soft margarine OR butter

16 oz. powdered sugar

chopped pecans (or your favorite
nuts mixed into icing or
sprinkled)

Cream together all ingredients. Ice cake, sprinkle with chopped nuts if desired. Surprisingly good yield.

Note: My mother brought this back from the senior center and I nearly choked from laughing. I "Googled" it and sure enough there it was; an Old Ohio Amish recipe. Being adventurous I set to reconstruct this odd concoction. It was an experiment. Reluctant as I was, I finally took the first bite. WOW! It was Amazing. A mind trick; maybe, but what great fun for family and guests.

Larry E Sorensen

*The greatest mistake you can make in life is to be
continually fearing that you will make one.*

- Ellen Hubbard

SHOO-FLY PIE 🌐

(Crumb Pie)

3 unbaked 8" pie shells
4 cup flour
3 cups brown sugar
½ cup lard

1 cup boiling water
1 cup syrup
1 tsp soda

Combine flour, brown sugar and lard. Work into crumbs with fingers or pastry blender. Set aside. Dissolve soda in hot water. Add syrup. Pour this syrup mixture in bottom of unbaked pie shells. (Divide evenly between 3 shells.) Sprinkle crumbs on top. Bake in hot oven 400° for 10 minutes, reduce to 350° for 25 min. or till firm.

Note: This recipe was taken from a cookbook from Yoder, Ks. dated 1967.

Norma Hartung

WHOPPIE PIES 🌐

PIES

4 cup flour
2 cup sugar
2 tsp soda
1 cup shortening
1 cup cocoa

2 eggs
2 tsp vanilla
1 cup thick sour milk
1 cup cold water

Cream together sugar, salt, shortening,, vanilla and eggs. Sift together flour, soda and cocoa. Add to the first mixture, alternately with water and sour milk. Add slightly more flour if milk is not thick. Drop by tsp. on cookie sheet. Bake in hot oven 400°

FILLING

1 egg white, beaten
2 tsp milk
1 tsp vanilla

2 tsp flour
2 cup powdered sugar
¾ cup shortening

Mix milk, vanilla, flour, 1 cup powdered sugar and egg white, beaten. Last add 1 cup powdered sugar and shortening. Spread filling between each 2 pies. (like a sandwich) Makes approximately 45.

Note: Yoder Meats and Gift Store sell these. Hanna loves to get one as a special treat. They are very tasty. The recipe was from a 1967 Yoder cookbook.

Norma Hartung

GERMAN

*A*PFEL SAUERKRAUT ★

(German Dinner Fundraiser)

- | | |
|--|-----------------------|
| 6 bacon strips | 1 Tbs. vinegar |
| 1 C. chopped onions | 1 tsp. caraway seed |
| 2 cans sauerkraut, drained | 1 C. Beef Broth |
| 2 tart apples, pared and diced
finely or 1 C. apple sauce | Butter or Margarine |
| 3 Tbs. brown sugar | Freshly ground pepper |

Cook bacon until browned. Add onion and sauté until golden. Spoon off excess fat and add remaining ingredients except for butter or margarine. Mix thoroughly and simmer for about 20 minutes or until apples are tender. Put into casserole and cover with additional apple slices. Dot with butter and sprinkle with more brown sugar. Brown under broiler.

Larry E Sorensen

*A*PPL E GERMAN CHOCOLATE CAKE ☼

- | | |
|----------------------------------|--|
| 1 can (21 oz.) apple pie filling | ¾ cup coarsely chopped walnuts |
| 1 German chocolate cake mix | ½ cup miniature semisweet
chocolate chips |
| 3 eggs | |

Place pie filling in blender; cover and process until the apples are in ¼ inch chunks. Pour into a mixing bowl add dry cake mix and eggs. Beat on medium speed for 5 minutes. Pour into a greased 9 x 13" cake pan. Sprinkle with nuts and chocolate chips. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack before cutting.

Larry E Sorensen

BIEROCKS ★

(German Dinner Fundraiser)

1 lb. ground beef
1 lb. shredded cabbage
½ C. chopped onion
1 tsp. salt
1 tsp. pepper
1½ Tbs. spicy mustard

½ t. caraway seed
¼ t. celery seed
⅛ t. garlic powder
¼ C. shredded sharp or extra
sharp cheddar cheese

Prepare dry ingredients. Brown meat and onion; drain and add cabbage, mustard and dry ingredients. Meat should be broken well. Cook for 5 minutes, then add cheese. Spoon onto the dough ⅓ - ½ C. of mixture while still warm and then pull dough together and pinch it shut on top. Bake with pinched side down at about 375 for 20 minutes. Makes approximately 12 bierocks.

Note: Use Rhodes Texas style dinner rolls, 24 per bag OR use bread loaves cut into 8 equal portions. An "All German Dinner" favorite.

Larry E Sorensen

Action may not always bring happiness; but there is no happiness without action.

- Benjamin Disraeli

CURRYWURST MIT KETCHUP ★

(German Dinner Fundraiser)

1 Tbs. olive oil	2 tsp. mustard
1 onion, chopped	½ tsp. Decorticated Cardamom
1 can peeled tomatoes (stewed tomatoes or diced tomatoes will be fine)	Sausages (knockwurst, large franks, bratwurst, German sausage, etc)
½ apple, peeled & chopped	2½ Tbs. shortening
5 oz. apple cider vinegar	Curry (to taste)
1 tsp. salt	Basil (to taste)
3 Tbs. sugar	1½ lbs. french fries
Fresh ground pepper to taste	

Heat olive oil & simmer the diced onion until glossy. Add tomatoes with the juices. Add apple to the tomatoes. Pour in the apple cider vinegar & season with salt and sugar, freshly ground pepper, mustard, basil & a little curry powder. Let simmer in an uncovered pot, stirring occasionally. After approx. 45 minutes most of the liquid should have evaporated and the result should be a thick tomato purée. As the ketchup gets thicker it will be easier to burn; stir more often. Strain the ketchup (use a strainer sieve or tea sieve, everything should go through) or simply use a food processor and process COMPLETELY to a smooth thick sauce. Season to taste with salt, pepper, curry and basil. In a large skillet heat olive oil and roast sausages for 5-8 minutes on medium heat until light brown. Don't over cook. The inside should stay pink. Pour sauce over meat and sprinkle with curry. Serve with fries.

Note: May replace tomatoes with 1 small can tomato paste. It will boil down quicker this way. I use only a tsp. of basil & Cardamom and 1 Tbs. Curry. I like the curry strong. The number of sausages depends on how much sauce you make. I like using a crockpot with the sauce, coating all pieces evenly. Simmer for a couple hours. The sausage you choose will make the difference.

Larry E Sorensen

Matthew 25:35 - For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.

*D*EUTSCHE KNUSPRIGE FRIKADELLEN ★

(Crispy Meat Balls - German Dinner Fundraiser)

<i>½ lb. pork sausage</i>	<i>⅓ tsp. pepper</i>
<i>1 medium onion (chopped)</i>	<i>4 T. Mayonnaise, heaped</i>
<i>1 16 oz. can Sauerkraut, (Drained, well dried and chopped)</i>	<i>1 T. prepared mustard</i>
<i>2 T. bread crumbs, dry and fine</i>	<i>2 medium eggs</i>
<i>1 8 oz. pkg. cream cheese, softened</i>	<i>2 oz. milk</i>
<i>2 T. parsley</i>	<i>¼ C. flour</i>
<i>¼ tsp. garlic salt</i>	<i>3 oz. breadcrumbs, fine</i>
	<i>Vegetable Oil</i>

Warm some oil in a large saucepan, add the sausage meat and onion and fry until the sausage is browned, stirring so that it crumbles finely, care not to burn the onion. Drain and pat dry. Stir in Sauerkraut and add 2 T. breadcrumbs. Combine cream cheese and parsley, 1 tsp. mustard, garlic salt and pepper in a large bowl; add the sausage mixture, stirring well. Cover and let stand for 2 hrs. Combine Mayonnaise and remaining mustard; set aside. Combine eggs and milk in small bowl; set aside. Shape sausage mixture into $\frac{3}{4}$ " balls; roll the balls in flour. Dip each ball into reserved egg mixture; then roll balls in bread crumbs. Freeze; deep fry a few at a time in oil until golden brown (approx. 2 min.) dry on paper towels. Serve with Mayonnaise mixture or a fine mustard.

Note: I like to double dip in flour and egg mixture before rolling in crumbs. In a bowl with a tight lid place balls directly into crumbs 8-12 at a time. Shake vigorously until well coated; freeze in single layers (so they won't stick together). Keep frozen until ready. Works best in deep fryers.

Larry E Sorensen

Try not to become a man of success but rather try to become a man of value.

- Albert Einstein

FRUIT KUCHEN ☺

½ cup butter, softened
½ cup sugar
½ tsp vanilla
2 eggs
1 tsp baking powder

1 cup sifted flour
2 Tbs milk
*2 cup fresh fruit slices (peaches,
apricots, strawberries)*
Whipped cream

Cream the butter and sugar in a large bowl. Beat until light and fluffy. Add the vanilla and eggs, one at a time, beating well after each addition. Sift the baking powder with the flour into the bowl, adding alternately with the milk. Mix well to combine thoroughly. Turn into a 9" round cake pan that is 1 ¼" deep, lined with wax paper, and spread evenly. Bake at 350* for about 30 minutes, or until cake is done. Cool for 5 minutes. Turn out onto a rack and take off the paper. Cool. Arrange the fruit slices, sweetened with sugar, if desired, over the cake. Serve decorated with whipped cream. Serves 6 to 8.

GERMAN CHRISTMAS STOLLEN ☺

¾ cup milk, scalded
¼ cup sugar
¼ tsp salt
¼ cup butter or margarine
¼ cup warm water
1 pkg yeast

2½ to 3 cup flour
½ tsp ground cardamom
½ cup seedless raisins
¼ cup citron, chopped
½ cup pecans, chopped
1 Tbs butter or margarine, melted

To the scalded milk, stir in sugar, salt and butter. Cool to lukewarm. Measure warm water into a large, warm bowl. Sprinkle in yeast; stir until dissolved. Add lukewarm milk mixture, 2 cups of flour and cardamom. Beat until smooth. Stir in remaining flour, raisins, citron and pecans. Turn out on lightly floured board and knead until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover. Let rise in a warm place until double in bulk, about 1 hour. Roll dough into an oblong shape about ½" thick. Brush with melted butter. Fold in half lengthwise. Place on greased baking sheet. Cover. Let rise in a warm place free from drafts until double in bulk, about 45 minutes. Ice with Confectioners' Sugar Frosting. Makes 1 stollen.

CONFECTIONERS' SUGAR FROSTING

1 Cup confectioners' sugar

1 to 2 Tbs hot milk or water

In a small bowl, add milk or water gradually to sugar. Blend until mixture is smooth; spread over stollen. Decorate stollen with candied cherries and nuts.

GERMAN CHOCOLATE CAKE †

*1 box German Chocolate Cake
Mix
1 can condensed milk*

*1 jar caramel topping
1 carton whipped topping
2 Heath candy bars*

Bake cake mix as directed on box. After cake is baked, poke holes all over. Mix condensed milk and caramel topping well, pour over cake. Spread whipped topping over cake next and sprinkle the crushed Heath candy bars over the whipped topping. Refrigerate until ready to serve.

Note: Iona will be remembered for being the Head of the Altar Guild for many years. She also got enjoyment by purchasing teddy bears at Good Will and then selling them during coffee hour with the proceeds for the Building Fund. The Organ Repair Fund has been established in Iona and Dale's Memory.

*Iona Gleason
Norma Hartung*

GERMAN COLE SLAW

*1 head cabbage, shredded
2 onions, sliced very thin
7/8 C. sugar
1 t. mustard*

*1 t. celery seed
1 Tbs. salt
3/4 C. vinegar
3/4 C. salad oil*

Bring to a boil the mustard, celery seed, salt, vinegar and salad oil. In a bowl, alternate layers of cabbage and onion slices. Cover with sugar, pour boiling ingredients over cabbage and onion, let stand for 4 hours. Keeps well for several days.

Larry E Sorensen

*Psalm 1:3 - He is like a tree planted by streams of water,
which yields its fruit in season and whose leaf does not
wither. Whatever he does prospers.*

GERMAN COLE SLAW WITH WHIPPING CREAM ★

(German Dinner Fundraiser)

1 lb. (12 lbs). cabbage; chopped or shredded May use a food processor)
1 tsp. (6 tsp.) salt
 $\frac{1}{3}$ C. (2 $\frac{1}{2}$ C.) cider vinegar
scant $\frac{2}{3}$ C. (5 $\frac{1}{2}$ C.) sugar
 $\frac{1}{2}$ qt. (2 quarts) whipping cream

Blend together all ingredients except slaw. Pour over shredded cabbage. Stir only once. Wait 30 minutes. Stir and serve.

Note: Makes about 10 servings. Using quantity in parenthesis will serve 120.

Anita Fakes

GERMAN PUMPKIN PIE †

PIE SHELL

1 box yellow cake mix (reserve 1 cup)
 $\frac{1}{2}$ C. butter
1 egg

Combine like a pie crust & press into a 9 x 13" pan

FILLING

2 -16 oz. cans of pumpkin
4 eggs, lightly beaten
1 C. sugar
1 tsp. salt
1 tsp. cinnamon
1 2 tsp. ginger
 $\frac{1}{2}$ tsp. clove
1 Lg. can evaporated milk

Combine all ingredients & mix well. Scoop & smooth filling into pan.

TOPPING

1 C. reserved yellow cake mix
 $\frac{1}{4}$ C. sugar
 $\frac{1}{4}$ C. butter, softened
1 tsp. cinnamon

Mix & sprinkle on top of filling. Bake at 350° for 55 - 60 minutes.

Lydia Griffith
Pat Phillips

GERMAN-STYLE CHICKEN

¼ cup horseradish mustard
2 Tbs dry sherry
½ tsp sweet paprika

4 large bone-in chicken breast halves, skin removed
½ cup soft rye bread crumbs

Preheat oven to 375°. In a small bowl combine mustard, sherry, and paprika. Transfer 2 Tbs of the mustard mixture to another bowl and brush evenly over tops of chicken breast halves. Set aside remaining mustard mixture. Place chicken breast halves, mustard sides up, in a 9 x 13" baking pan. Sprinkle with bread crumbs. Lightly pat onto chicken. Bake, uncovered, for 45-50 minutes or until chicken is tender and no longer pink (170°) Serve with the reserved mustard.

Norma Hartung

GRUNKOHL MIT KARTOFFELN ★

(Baked Kale & Potatoes - German D/ Fundraiser)

10 T. butter, soften
½ lb. lean bacon, coarsely diced
3 lbs. fresh kale
¾ c. beef or chicken stock, fresh or canned

½ tsp. ground nutmeg
¾ to 1 c. half and half
2 lg. or 3 med. egg yolks
2 tsp. salt
Black pepper

12 medium potatoes (about 4 lbs.), peeled and coarsely cubed

Wash kale and strip away tough stems. Boil in lightly salted water for 10 minutes. Drain well by removing ALL moisture from the leaves. (Press between several paper towels) Chop the kale coarsely. Cook bacon until crisp. Add kale until the leaves are fully coated with fat. Stir in stock, 1 tsp. salt and nutmeg. Bring to a boil, uncovered, stirring occasionally for 20 minutes. Preheat oven to 400°. Boil potatoes. Drain well & mash smooth. Beat 6 Tbs. butter and a little milk into the potatoes until potatoes are creamy and smooth (use mixer) and thick enough to cling to a spoon. Add ½ tsp. salt, pepper and eggs. Spread kale and bacon mixture evenly over bottom of an 9 x 12" baking dish, smooth the potatoes over top & dot with remaining butter. Bake for 20 minutes or until the potatoes are golden brown.

Note: Serves: 24

Larry E Sorensen

GURKENSALAT ★

(Cucumber Salad - German Dinner Fundraiser)

- | | |
|----------------------|-----------------------------|
| 2 large cucumbers | ¼ tsp. pepper |
| 2 Tbs. cider vinegar | ¾ C. sour cream |
| 1 Tbs. sugar | 2 Tbs. fresh minced parsley |
| ½ tsp. salt | |

Peel cucumbers and slice into very thin slices. Mix together vinegar, sugar, salt and pepper and pour over cucumbers. Marinate about 40 min. Drain off liquid. (If not serving immediately, drain and keep in a tightly closed container, refrigerate until ready to serve) then toss cucumbers with sour cream. Top with fresh parsley and serve.

Note: 6 slices per serving, number of servings 10.

Larry E Sorensen

HANNAH POTATO SOUP ⑤

(old fashion German soup)

- | | |
|---------------------|----------------------|
| 2 c. cubed potatoes | ½ lb. ground beef |
| ¼ c. diced celery | ½ small onion, diced |
| ½ tsp. salt | 1 T. butter |
| ¼ tsp. pepper | |

Cook potatoes, celery, salt and pepper in enough water to cover, until potatoes are soft. Drain. Brown ground beef along with onion. Drain. Add beef to potatoes; and milk and butter. Heat until hot; add salt and pepper as needed to taste.

Larry E Sorensen

Matthew 15:11 - "What goes into a man's mouth does not make him unclean, but what comes out of his mouth, that is what makes him unclean."

*H*UHNER SUPPEN ❀

(Chicken Soup)

SOUP

Chicken Broth from 1 chicken
3 carrots (cut in 1" pieces)
½ bunch of celery (cut into chunks)
1 onion (cut into chunks)
1 head cauliflower (Break into small pieces)
½ lb. ground beef
½ lb. sausage
1 egg

2 - 4 T. dried onion
¼ C. alphabet pasta
Saltine cracker crumbs (as desired)
chunk noodles (optional, see below)
celery salt (optional)
parsley flakes (optional)
salt
pepper

Boil one chicken. (Save the chicken to use another time.) Boil carrot chunks, celery chunks, and onion chunks in chicken broth until vegetables are tender. Mix ground beef, sausage, egg, dried onion, cracker crumbs, salt, & pepper together. Make ½" balls out of the meat mixture. Cook meat balls in boiling water for 10 minutes or until done. Drain. (Do not keep this water.) Pour boiling water over ¼ cup alphabet pasta. Let steam. Drain the liquid. (Do not use this water.) Add the meat balls & pasta to the chicken broth and vegetables. Optional: Flavor soup with celery salt and parsley flakes & add chunk noodle just before serving.,

CHUNK NOODLES

2 eggs
2 TBS. milk
Pinch of salt

Enough flour to thicken for rolling out

Blend all ingredients. Put in a double boiler until set. When cool, cut into small cubes. Add to soup just before serving.

Note: My cousin from Germany gave me this recipe and I have enjoyed making it and find it very tasty.

Anita Fakes

*L*EBKUKEN †

(German Christmas cookies)

1 cup sugar
1 cup lard or butter
1 cup dark syrup (Karo)
1 cup sour cream
1 beaten egg
1 tsp soda (Dissolve in 1 Tbs
boiling water, add before flour)

Add to sugar:
½ tsp salt
2 tsp cinnamon
2 tsp cloves
Flour (enough to make a soft
dough)

Mix the spices in with the sugar. Cream spiced sugar and shortening; add syrup, sour cream, beaten egg, and soda mixture. Add flour to make soft dough. Roll out and cut and bake in a hot oven-375°. When cooled, ice with powdered sugar icing. Decorate as you choose using any shape of cookie cutter. Store in closed container. I use a biscuit cutter or cut in diamond shapes.

Note: This is an old family favorite recipe passed down to me by my mother and my Grandma Scheel.

Norma Hartung

*M*OLASSES COOKIES †

(Peppernuts)

¾ cup packed brown sugar
½ cup shortening
½ cup molasses
1 egg
1 Tbs hot water
3 drops anise oil

3 ½ cups all-purpose flour
½ tsp baking soda
½ tsp ground cinnamon
½ tsp ground cloves
¼ tsp salt
⅛ tsp white pepper

Heat oven to 350°. Mix brown sugar, shortening, molasses, egg, water, and anise oil. Stir in remaining ingredients. Knead dough until right consistency for molding. Shape dough into ¾-inch balls. Place about 1 inch apart on ungreased cookie sheet. Bake until bottoms are golden brown, about 12 minutes. Makes about 8 dozen.

Note: These small, hard German cookies, also called Peppernuts, or Pfefferkugeln, have a mild anise flavor.

Mrs. John (Barbara) Griffith
Norma Greever

*P*EFFERNUESSE †

(German Cookie)

1 C. light corn syrup
2 C. sugar, more if desired
(my Grandma used 3 C.)
1½ C. shortening
1 C. sour cream or milk

1 tsp. soda
2 tsp. cinnamon
1 tsp. each: clove, nutmeg, anise &
cardamom
3 tsp. baking powder

Add enough flour to make batter stiff - stiff enough to roll into rolls ("snakes"). (I like pencil size but any size works). The size of the roll determines the size of the cookie. Cut small pieces off and place on ungreased cookie sheet. Bake at 350° degrees. Smaller ones cook faster & brown quicker. Careful not to burn the bottom. When cookie becomes lightly browned remove from oven. NOTE: I prefer to reduce the sour cream to ½ C. & add ½ C. half & half.

Note: This recipe, brought to America with my Great Grandparents was one of my favorite Christmas time memories of my Grandmother. She gave me the recipe nearly 40 years. I lost it for many years. I found it for this book. Thanks for the memories.

Henrietta Sorensen
Larry E. Sorensen

*S*AUERBRATEN ☺

3 lbs. beef, round or shoulder
½ cup vinegar
½ cup water
1 onion, thinly sliced
2 bay leaves

2 whole cloves
1 tsp salt
Dash of pepper
4 Tbs fat
1 cup water

Place beef in a bowl. Combine vinegar, water, onion, bay leaves, cloves, salt, and pepper and blend. Pour over meat. Marinate 24 hours. Melt fat in a heavy skillet or Dutch oven. Add meat. Brown thoroughly. Add water to meat liquid and pour over meat. Cover. Simmer over low heat 3 hours or until meat is tender. Remove meat. Make gravy from juices in pan. Serves 6.

Larry E Sorensen

STOLEN †

11 cups flour
¾ cup sugar
1 tsp. salt
½ tsp. ground mace
½ tsp. grated nutmeg
2 cups warm milk
1 ¼ cup unsalted; butter, melted
2 oz. cake yeast or 3 pkg. active
dry yeast dissolved in ½ warm
water
6 large eggs, lightly beaten
10 oz. currants, soaked in ½ cup
cognac

15 oz. golden raisins, soaked in ½
cup orange juice
½ lb. diced citron
¼ lb. diced orange peel
¼ lb. chopped dried apricots
10 oz. blanched almonds, coarsely
chopped
grated rind of 2 lemons
1 stick melted butter for brushing
cakes
confectioners' sugar, for dusting

In a large bowl, sift together the dry ingredients. Stir in the warm milk and melted butter. Add the dissolved yeast and eggs. Knead until fairly smooth. Add the dried fruits, raisins, currants, almonds, and lemon rind to the dough and continue kneading on a floured board for about 10 minutes. If dough is sticky, knead in more flour. Place dough in a buttered bowl, cover with plastic wrap, and let rise in a warm place until doubled in bulk, about 1 to 2 hours. Punch down and cut dough into two parts. Roll each part into a 12 x 8 inch rectangle. Brush with the melted butter, then fold one long edge to the center. Fold the other long edge to the center, overlapping by 1 inch. Turn to taper the ends, and place on parchment-lined baking sheet. Cover with plastic wrap and let rise again in a warm place for 1 ½ hours. Preheat the oven to 350°. Bake the stolen for 35-40 minutes or until golden brown. Cool on a rack and dust with confectioners' sugar.

Mrs. John (Barbara) Griffith
Norma Greever

*Not everything that is faced can be changed, but nothing
can be changed until it is faced.*

- James Baldwin

*S*UMMA BORSCHT ★

(Summer Soup - German Dinner Fundraiser)

- | | |
|-----------------------------------|-----------------------------------|
| 5 C. diced red potatoes (skin on) | 1 ¼ C. green onion, coarsely |
| 1 C. celery | chopped |
| 3 lg. carrots, peeled and sliced | ⅓ C. chopped fresh dill |
| thick | 2 C. buttermilk |
| 6 C. water | 1 C. half-and-half |
| 1 small head cabbage, shredded. | 1 C. whole beets cubed with juice |
| 4 t. salt | (optional) |

Place diced potatoes into a large sauce pan and cover with water. Bring to a boil, reduce heat and simmer until tender. About 25 minutes. (Do not over cook.) Stir in green onions, dill and buttermilk; bring back to a simmer. Stir in half-and-half just before serving.

Note: I like to add German Sausage in ½-¾ in. chunks. Sooo Good.

Larry E Sorensen

*T*OMATENSALAT ★

(Tomato Salad - German Dinner Fundraiser)

- | | |
|-------------------------------|----------------------------|
| 5 medium tomatoes, cut into ⅛ | 1 T. Worcestershire sauce |
| and then halve. | ½ C. vegetable oil |
| 1 large onion, diced | 6 T. vinegar |
| ¼ tsp. dried thyme | 1 tsp. salt |
| 1 tsp. dried basil | ¼ tsp. fresh ground pepper |
| 1 T. sugar | |

Mix together: salt, dried thyme, vegetable oil, Worcestershire sauce, sugar, dried basil, pepper, vinegar and onion. Toss with tomatoes. Chill for about 1 hr. and serve on lettuce leaves.

Larry E Sorensen

Isaiah 32:17 - The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.

*U*PSIDE DOWN GERMAN CHOCOLATE CAKE 🍫

<i>1½ cups flaked coconut</i>	<i>1 8-oz. pkg. cream cheese</i>
<i>1½ cup chopped pecans</i>	<i>(softened)</i>
<i>1 box German Chocolate Cake</i>	<i>1 stick butter (melted)</i>
<i>Mix</i>	<i>1 lb. box powdered sugar</i>

Put in bottom of a 9 x 13" cake pan the coconut and chopped pecans. Mix the cake mix according to directions on the box and pour over coconut and nuts. Mix the cream cheese, butter and powdered sugar until blended. Drop by teaspoonfuls on top of cake mixture. Bake at 350° for 60-65 minutes.

Larry E Sorensen

*V*ERENIKA CASSEROLE ★

(German Dinner Fundraiser)

NOODLES AND CHEESE

<i>3 lbs. ham (diced)</i>	<i>2 tsp. salt</i>
<i>2 lbs. dry curd cottage cheese</i>	<i>16 oz. egg noodles</i>
<i>4 eggs</i>	

Brown ham and save drippings. Add shortening to drippings to make ½ C. Mix together cottage cheese, eggs, salt and pepper. Cook noodles and drain. Layer ½ noodles in a loaf pan. Spread cottage cheese mixture over noodles. Cover mixture with remaining noodles. Add fried ham then pour gravy over the top. Bake for 45 minutes in 350° degree oven.

GRAVY

<i>½ C. ham drippings or shortening</i>	<i>¼ tsp. paprika</i>
<i>¾ C. flour</i>	<i>1½ C. water</i>
<i>¾ tsp. salt</i>	<i>2 C. sour cream</i>
<i>½ tsp. pepper</i>	<i>1 C. half and half</i>

Combine all ingredients & bring up to a boil, do not boil. Simmer for 2 -3 minutes stirring constantly.

Note: I prefer to make my own egg noodles ⅛" x ½" x 4" but any size or kind will do. Boil until almost done (al dente'). Noodles will finish cooking during baking.

Larry E Sorensen

*V*IELE BOHNENSALAT ★

(Many Bean Salad - German Dinner Fundraiser)

Bean Salad

<i>1 can cut green beans</i>	<i>1 medium onion</i>
<i>1 can cut wax beans</i>	<i>1 can black eyed peas</i>
<i>1 can red kidney beans</i>	<i>1 medium green pepper</i>
<i>1 can dark red kidney beans</i>	

Sauce

<i>½ C. sugar</i>	<i>1 tsp. dry mustard</i>
<i>½ C. salad oil (1 part canola oil, 1 part olive oil)</i>	<i>1 tsp. salt</i>
<i>½ C. wine vinegar</i>	<i>2 Tbs. fresh parsley or parsley flakes</i>

Place vegetables in bowl; pour sauce over beans and refrigerate overnight.

Note: Serves: 15-20

Larry E Sorensen

*W*ARM POTATO SALAD (HEIßE KARTOFFEL-SALAT) ★

(German Dinner Fundraiser)

<i>10 lbs (60 lbs.) potatoes</i>	<i>1 ½ C. (10 C.) cider vinegar</i>
<i>½ lb.(3 lb.) bacon</i>	<i>1 C. (6 C.) flour</i>
<i>1 C. (6 C.) chopped onion</i>	<i>1 T. (6 T.) salt</i>
<i>1 ½ C. (10 C.) sugar</i>	<i>1 T. (6 T.) pepper</i>

Cut into ½ inch pieces then fry bacon crisp in the grease, add onion until tender, do not drain. Combine flour, salt, pepper, sugar, vinegar. Heat thoroughly. Slow boil potatoes in enough water to cover until tender but not too done. Chop or slice potatoes. Combine potatoes, bacon, onion. Stir carefully not to break down potatoes. Pour sauce mix over all, mix and keep warm until served.

Note: From L. Sorensen: In my experience for our German Dinners it was easier to slice the raw, peeled potatoes thinly on a slicer before boiling al dente'. Serves 30. Using quantities in parenthesis will serve 200.

Anita Fakes

WARME SÜSS-SAUER BOHNEN ★

(Sweet & Sour Beans - German Dinner Fundraiser)

1 Gal. Green Beans (Not French)	1/3 Cup Vinegar
6 slices bacon	1/2 Cups Sugar
1/2 Cups Onion	Salt & Pepper to taste
2 Tbs. Flour	

Cut bacon into small pieces and fry until tender. Drain. Place bacon grease in a large skillet. Cook onions until tender. Remove onions and mix in the flour, vinegar and sugar. Mix until smooth. Blend in the remaining bean liquid and heat until thickened. Blend the onions into the green beans mixing lightly. Pour the heated mixture over the green beans and keep hot until serving. Serves 30

Anita Fakes

ITALIAN

EASY ITALIAN SPAGHETTI 🍷

1 lb. hamburger	1/2 tsp. garlic salt
1 (1 lb.) can stewing tomatoes, cut up well	2 Tbs. parmesan cheese
	Cook the spaghetti

Cook the hamburger, crumbled into the skillet, with just a bit of shortening until it is done. Add the tomatoes, garlic salt, and cheese, and simmer until the tomatoes have cooked down. Pour over cooked spaghetti and sprinkle generously with additional parmesan cheese.

Norma Hartung

It is better to deserve honors and not have them than to have them and not deserve them.

- Mark Twain

*I*TALIAN BEEF SANDWICHES

1 boneless beef chuck roast (3-4
pounds)
3 Tbs dried basil
3 Tbs dried oregano

1 cup water
1 envelope onion soup mix
10-12 Italian rolls or sandwich
buns

Cut roast in half & place in a 5-qt. slow cooker. Combine the basil, oregano, and water; pour over the roast. Sprinkle with soup mix. Cover and cook on low for 7-9 hours or until meat is tender. Remove meat; shred with a fork and keep warm. Strain broth and skim fat. Serve meat on rolls; use broth for dipping if desired.

Norma Hartung

*I*TALIAN BRAISED BEEF

4 lb. beef rump roast
1 T. garlic infused oil
4 medium carrots, diced
3 stalks celery, diced
1 medium onion, peeled and diced
2 clove garlic, minced

8 oz. mushrooms, freshly sliced
2 C. beef broth
1 C. red wine
1 can tomato paste
1 bay leaf
Salt and Pepper

In 5t qt. sauce pan heat olive oil. Salt and pepper the roast and place into pan, browning on all sides. Add carrots, celery, onions and garlic. Sauté with meat until onions are golden brown. Add the mushrooms. Mix beef broth, red wine and tomato paste, pour over roast. Add bay leaf. Put lid on pan and place in oven for 1 to 1½ hr. at 375 degrees. Serves 4-6

Larry E Sorensen

*The greatest test of courage on earth is to bear defeat
without losing heart.*

- Robert G. Ingersoll

ITALIAN CASSEROLE

1½ lb. ground beef	1 tsp. oregano
¼ cup chopped onion	1 tsp. sugar
1 (32 oz.) jar spaghetti sauce	¼ tsp. pepper
½ cup water	5 med. potatoes, peeled and thinly sliced
1½ tsp. salt	1 (8 oz.) pkg. mozzarella cheese
1 tsp. basil	

Brown beef and onion; add sauce, water, and spices. Cook 2 minutes. Spoon ⅓ of meat mixture in 9 x 13" pan and ½ of potatoes over meat. Repeat layers, ending with meat. Cover with foil and bake at 375° for 1 hour. Remove foil; add cheese on top and bake 10 minutes longer. Let set a few minutes before serving.

Norma Hartung

ITALIAN CREAM CAKE 🌐

1 cup butter	1 cup buttermilk
2 cup sugar	1 tsp vanilla
5 egg yolks	2 cups coconut
2 cup flour	1 cup pecans (chopped)
1 tsp baking soda	5 egg whites (stiffly beaten)

Cream butter, and then add sugar, and beat until smooth. Add egg yolks and beat well. Mix flour and soda. Alternately add flour mixture and buttermilk to the creamed mixture. Add vanilla, coconut and nuts and mix. Fold in the egg whites. Pour into either of the following pans; 3 wax paper lined 9" round layers or 4 wax papered lined 8" layer pans or 2 - 9 x 13" oblong pans. For round layers bake at 350° for 20 minutes. For the oblong pans bake at 325° for 30 minutes. FROST WITH A VANILLA CREAM OR CREAM CHEESE FROSTING.

Note: Henry's sister made this cake for both of our daughters' weddings. This is a large recipe. You can either use 3-9" round cake pans, or 4-8" round cake pans, or 2-9 x 13" oblong cake pans.

Becky Hartman

ITALIAN SHEPHERD'S PIE

<i>1 unbaked pastry shell (9 inches)</i>	<i>½ tsp. dried oregano</i>
<i>1 pound bulk Italian sausage</i>	<i>½ - ¾ tsp. salt</i>
<i>1 cup cream-style cottage cheese</i>	<i>⅛ tsp. pepper</i>
<i>1 egg</i>	<i>2 tsp. butter melted</i>
<i>1½ cups warm mashed potatoes</i>	<i>1 cup shredded cheddar cheese</i>
<i>(without added milk and butter)</i>	<i>cherry tomatoes, quartered</i>
<i>¼ cup sour cream</i>	<i>minced fresh parsley, optional</i>

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 7 minutes. Remove from the oven and remove foil, set aside. Reduce heat to 350°. In a skillet, cook sausage until no longer pink, drain well on paper towels. Place cottage cheese and egg in a blender; cover and process until smooth. Transfer to a large bowl, stir in potatoes, sour cream, oregano, salt, and pepper. Place sausage in pastry shell, top with potato mixture. Drizzle with butter. Bake for 50-60 minutes or until set. Sprinkle with cheese; let stand for a few minutes until cheese is melted. Garnish with tomatoes tossed with minced parsley if desired.

Norma Hartung

ITALIAN TURKEY CUTLETS

<i>1 small onion, finely chopped</i>	<i>1 tsp dried oregano</i>
<i>5 tsp olive oil, divided</i>	<i>½ tsp dried rosemary, crushed</i>
<i>2 garlic cloves, minced</i>	<i>1¼ lb turkey breast cutlets</i>
<i>1 can Italian stewed tomatoes</i>	<i>¼ tsp pepper</i>
<i>1 tsp dried basil</i>	<i>2 Tbs shredded Parmesan cheese</i>

In a large saucepan, sauté onion in 2 tsp oil until tender. Add garlic; cook 1 minute longer. Stir in the tomatoes, basil, oregano and rosemary. Bring to a boil. Reduce the heat, cook, uncovered, over medium heat for 15-20 minutes or until sauce thickens. Meanwhile, sprinkle both sides of turkey cutlets with salt and pepper, in a large nonstick pan over medium heat, cook turkey in batches in remaining oil until no longer pink. Serve with tomato sauce. Sprinkle with cheese.

Norma Hartung

LASAGNE

2 lb. ground beef	1 tsp garlic powder
¾ cup chopped onion	½ tsp pepper
1 large can tomato sauce	½ tsp oregano leaves
2 small cans tomato paste	1 lb cottage cheese (dry)
2 cups water	1 lb mozzarella cheese
1 Tbs chopped parsley	1 cup grated Parmesan cheese
2 tsp salt	8 oz pkg. lasagne noodles
1 tsp sugar	

Brown beef and onion; add tomato sauce and paste, water, parsley, salt, sugar, garlic powder, pepper, and oregano. Simmer uncovered, stirring occasionally, about 30 minutes. Meanwhile, cook lasagne noodles as directed; drain. In 9 x 13" pan, spread about 1 cup sauce, then alternate layers of noodles, sauce, cheeses, ending with sauce, mozzarella and parmesan cheese. Bake at 350°, for 45 minutes. Let set 15 minutes before serving.

Norma Hartung

Proverbs 12:14 - From the fruit of his lips a man is filled with good things as surely as the work of his hands rewards him.

MEXICAN

CHIPOTLE CHICKEN SALAD

<i>Cooking spray</i>	<i>½ cup cilantro</i>
<i>4 boneless, skinless chicken breasts, halved</i>	<i>¼ cup plain yogurt</i>
<i>1 cup frozen corn</i>	<i>¼ cup, mayonnaise</i>
<i>1 cup canned black beans, rinsed and drained</i>	<i>1 Tbs canned chipotle pepper in adobo sauce</i>
<i>⅓ cup chopped red onion</i>	<i>1 Tbs fresh lime juice</i>
<i>½ cup shredded cheddar cheese</i>	<i>4 cups torn romaine leaves</i>
	<i>½ cup crushed tortilla chips</i>

Preheat oven to 425°. Lightly spray two baking sheets with cooking spray. Put the chicken on one baking sheet. Spread the corn in a single layer on the other. Bake both for 16 minutes or until the chicken is no longer pink in the center and the corn is roasted and slightly crunchy, turning the chicken over and stirring the corn halfway through. Let the chicken cool slightly, about 2 minutes or until easy to handle. Cut into bite-sized pieces. In large bowl toss the chicken, corn, beans, onion, and cheese. In a blender, pulse the cilantro, yogurt, mayo, chipotle and sauce, and lime juice until well blended. Pour over the chicken mixture and toss to combine. Put romaine leaves on plates, spoon chicken salad over romaine and garnish with tortilla chips.

Staci Rice

Psalm 107:8-9 - Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men, for he satisfies the thirsty and fills the hungry with good things.

*F*OIL-PACK CHICKEN FAJITA DINNER

<i>1 ½ cups instant white rice, uncooked</i>	<i>1 green pepper (cut into strips)</i>
<i>1 ½ cups hot water</i>	<i>1 red pepper (cut into strips)</i>
<i>1 Tbs Taco Seasoning Mix</i>	<i>½ cup Thick 'N Chunky Salsa</i>
<i>4 small boneless skinless chicken breast halves (1 lb)</i>	<i>½ cup Mexican Style Shredded Taco Cheese</i>

Heat oven to 400°. Fold up all sides of each of four 18 x 12" sheets of heavy-duty foil to form 1-inch rim; spray foil with cooking spray. Combine rice, water, and taco seasoning; Spoon into centers of foil. Top with remaining ingredients. Bring up foil sides. Double-fold top and ends to seal each packet, leaving room for heat circulation inside. Place in 15 x 10 x 1" baking pan. Bake 30-35 min. or until chicken is cooked through (165°). Let stand 5 min. Cut slits in foil to release steam before opening packets. Top each portion with 1 Tbs sour Cream just before serving

Note: You may make foil packets ahead up to 1 day. Refrigerate. At mealtime bake one or more packets as directed.

Betsy Ledin

*M*EXICAN ORANGE CANDY †

<i>1 C. sugar</i>	<i>Pinch of Salt</i>
<i>¼ C. boiling water</i>	<i>2 tsp. grated orange rind</i>
<i>2 C. sugar</i>	<i>1 C. nuts</i>
<i>1 C. evaporated milk</i>	

Caramelize 1 cup sugar by sifting slowly into a hot skillet. Shake pan vigorously to prevent sugar from burning. Add boiling water to skillet & boil until sugar is dissolved. Add 2 cups sugar, milk salt & boil to a soft balling stage (236°) stirring constantly. Just before the candy is done, add orange rind. Remove from heat & add nuts. Drop by spoonfuls on buttered wax paper.

*Remona Phillips
Pat Phillips*

*N*IKKI'S BURRITO 🌐

*1 lb. hamburger, browned and
drained*
1½ cup Pace Picanti sauce

cheese to taste, your favorite
1 Buritto tortilla

Brown hamburger in a skillet and drain. Add Picanti sauce. Simmer until cooked down. Lay out tortilla. Top with hamburger mixture and cheese. Roll up and place in aluminum foil. Wrap securely and bake for 1 hour at 350°. Check after 30 min. for crispiness.

Nikki Stahl

*R*OLLED BEEF ENCHILADAS 🌐

16 corn or flour tortillas
salad oil, shortening or lard
1 can mild enchilada sauce

1 can hot enchilada sauce
3 cup ground beef filling
1½ cup shredded cheese

Fry tortillas in oil and dip into heated sauce. Spoon about 3 Tbs of ground beef filling down the center of each tortilla. Roll tortilla around filling and place flap side down in an ungreased shallow casserole. Place filled enchiladas side by side. Pour enough sauce over the enchiladas to moisten entire surface of the casserole. Sprinkle with cheese. Bake uncovered, in 350° oven for 15-20 minutes or just until hot throughout. Serve with hot sauce.

GROUND BEEF FILLING

1 lb. lean ground beef
1 or 2 Tbs. salad oil or lard
1 med. onion, chopped

*½ cup enchilada sauce to cover
casserole*
2 tsp. chili powder (optional)

Brown meat, adding oil or lard if needed. Add onion and cook until soft. Moisten with enchilada sauce. Slowly simmer for 10 minutes, stirring occasionally.

Norma Hartung

SOMBRERO PIE 🌮

1 lb. ground beef
1 large onion, diced
2½ cups tomato juice
1 (10 oz.) pkg frozen corn

1 to 2 Tbs. chili powder
1 tsp. salt
¼ tsp. pepper
1 Jiffy corn muffin mix

Cook beef and onion until meat is brown and onion tender. Stir in remaining ingredients except muffin mix. Heat to boiling; reduce heat and simmer for 10 minutes. Heat oven to 400°. Prepare muffin mix as directed on package. Pour meat mixture into 8" square ungreased baking dish and cover with muffin mixture. Bake for 20 minutes or until topping is done. This is quick and easy. Just add a tossed salad.

Norma Hartung

SOPAPILO ✨

2 tubes of crescent dinner rolls
2 (8-oz.) pkgs of cream cheese,
softened
1 cup sugar

1 tsp. vanilla
¼ tsp. almond flavoring
Topping

Press 1 tube of the rolls in the bottom of a 9 in x 13 in pan, slightly up the sides. Mix the 2 packages of softened cream cheese with sugar, vanilla and almond flavorings. Put the other tube of crescent rolls over the cream cheese mixture evenly.

TOPPING

¾ cup sugar
1 Tbs. of cinnamon

½ cup butter (melted)

Mix together the sugar and cinnamon and sprinkle evenly over the top of the crescent dinner rolls. Drizzle the melted butter over this. Bake 30 minutes in a 350° oven

Anita Fakes

TAMALE PIE

- | | |
|--|---|
| 2 lb. ground beef | 1 - 4½ oz. can pitted ripe olives,
drained & chopped |
| 1 lg. onion, diced | |
| 1 - 28 oz. can tomatoes, undrained | 3 C. water |
| 2 small pkg. taco seasoning mix | 1 C. yellow cornmeal |
| 1 C. shredded Monterey or
American cheese | 1 tsp. salt |

In a 12" skillet over medium-high heat, cook ground beef & onion until meat is well browned & no liquid is left in skillet. Stirring occasionally. Remove from heat, drain, stir in tomatoes, taco seasoning, cheese & olives. Pour into a 9 x 9 baking dish. In a 2 qt. saucepan over med-high heat, cook water, cornmeal & salt, stirring occasionally, until mixture is very thick. Pour cornmeal mixture evenly over meat mixture. Bake in 400° oven for 30 minutes or until hot & bubbly. Makes 8 main-dish servings.

Larry E Sorensen

TOSTADA CASSEROLE

- | | |
|-----------------------------|-------------------------------|
| 1 lb. ground beef | 2½ cups corn chips |
| 1 (13 oz.) can tomato sauce | 1 (15 oz.) can refried beans |
| 1 pkg. taco seasoning mix | ½ cup shredded cheddar cheese |

In skillet brown meat. Add 1½ cups tomato sauce and taco seasoning mix, stirring to mix well. Line the bottom of greased 11 x 7" baking dish with 2 cups corn chips. Crush remaining corn chips; set aside. Spoon meat mixture over chips in baking dish. Combine remaining tomato sauce and beans; spread over the meat mixture. Bake at 375° for 25 minutes or until mixture is heated through. Sprinkle with cheese and crushed corn chips; bake 15 minutes more until cheese is melted.

Norma Hartung

*Never tell people how to do things. Tell them what to do
and they will surprise you with their ingenuity.*

- General George S. Patton

ORIENTAL

*B*BLACK BEAN, CORN, AND COUSCOUS SALAD 🌱

- | | |
|---|---|
| <i>1 (10 oz.) box dry plain couscous</i> | <i>2 garlic cloves, minced</i> |
| <i>1 (16 oz.) bag frozen corn, thawed and drained</i> | <i>¼ cup fresh squeezed lemon juice</i> |
| <i>1 (15 oz) can black beans, rinsed and drained</i> | <i>¼ cup extra virgin olive oil</i> |
| <i>4 medium green onions, slice</i> | <i>1 tsp. salt</i> |
| <i>1 med. red bell pepper, finely chopped</i> | <i>coarsely ground black pepper</i> |

Prepare couscous according to package directions. To cool quickly, spread the couscous on a large baking sheet in a thin layer and let stand for 10 minutes. Combine cooled couscous, corn, beans, green onions, bell pepper, and garlic in a bowl. Mix gently. Add lemon juice and olive oil; toss well. Season with salt and pepper.

Staci Rice

*C*HINESE CHICKEN CASSEROLE

- | | |
|-------------------------------------|-----------------------------------|
| <i>½ cup chicken broth</i> | <i>1 ½ cup diced celery</i> |
| <i>2 cans mushroom soup</i> | <i>13 oz. can Chinese noodles</i> |
| <i>4 cups cooked, diced chicken</i> | <i>½ cup toasted almonds</i> |
| <i>¼ cup minced onion</i> | |

Blend broth, mushroom soup, chicken, onion, celery, & noodles. Place in casserole dish. Bake in 325° oven for 40 minutes. Sprinkle with almonds just before serving. Yield 8 servings.

Norma Hartung

Matthew 4:4 - Jesus answered, "It is written: Man does not live on bread alone, but on every word that comes from the mouth of God."

CHINESE PEPPER STEAK

2 Tbs shortening	2 Tbs chopped pimento
1 lb beef chuck, cut in thin strips	½ cup consomme or beef stock
2 Tbs. minced onion	Salt and pepper to taste
1 clove garlic, minced	2 tsp cornstarch
½ cup sliced celery	2 Tbs water
2 large green peppers, cut in strips	1 tsp soy sauce

Melt shortening, add beef and brown slowly. Pour off drippings. Add onion, garlic, celery, green peppers, and pimento. Add consomme. Season with salt and pepper. Cover tightly. Cook slowly for 20 minutes. Thicken with cornstarch, blended with water and soy sauce. Simmer for 5 minutes. Serve hot with cooked rice.

Norma Hartung

FRIED RICE 🌐

1 cup uncooked rice	½ cup chopped green peppers
bacon and the drippings	3 cups canned stewed tomatoes
½ cup chopped onions	salt to taste
clove garlic	

Fry bacon. Remove bacon and crumble. Sauté rice, onion, garlic and green pepper in bacon drippings till golden brown. Add tomatoes to rice. Cover and simmer 30 minutes.

Note: Kathy is Thyilia & Henry Cline's Niece

*Kathy Lee
Thaylia Deck*

Man's mind stretched to a new idea never goes back to its original dimensions.

- Oliver Wendell Holmes, Jr.

*O*RIENTAL SALAD 🌐

<i>1 pkg. coleslaw mix or 4 cup shredded cabbage</i>	<i>½ cup sliced almonds</i>
<i>1 pkg. beef flavor Ramen noodles</i>	<i>½ cup sugar</i>
<i>½ cup sunflower seeds, shelled</i>	<i>½ cup oil</i>
	<i>1 Tbs. white vinegar</i>

Put coleslaw mix in a large bowl. Reserve the flavor packet from Ramen noodles. Add sunflower seeds, almonds and package of crushed Ramen noodles. Mix together the sugar and the flavor packet from noodles, and sprinkle over coleslaw. Stir to mix. Combine oil and vinegar and add to the salad. Best if mixed together 15 minutes before serving.

Pat Phillips

*P*OTATO AND STRING CHEESE ORIENTAL SALAD

<i>2 large potatoes</i>	<i>2 TBS soup stock</i>
<i>¼ carrot</i>	<i>½ ~ 1 tsp mustard paste</i>
<i>2 string cheese</i>	<i>2 TBS salad oil</i>
<i>2 TBS vinegar</i>	<i>Salt and Pepper</i>
<i>2 TBS soy sauce</i>	<i>Parsley</i>
<i>1 tsp sugar</i>	

1. Peel potatoes and cut in thin strips. Pour hot water over the potatoes and drain immediately. Soak in cold water and drain. 2. Cut carrots in thin strips. Pour hot water over the carrots and immerse in cold water immediately. Drain. 3. Tear string cheese. 4. Mix vinegar, soy sauce, sugar, soup stock, mustard paste, salad oil, salt and pepper in a bowl. Add potatoes, carrots and string cheese. Add parsley. Serves 4.

Sachiko Liby

John 6:12 – When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."

*S*PECIAL FRIED RICE ⑦

1 pound ground beef
1 box stir-fry Japanese vegetables
(frozen)

1 can water chestnuts (6 oz.)
1 can bean sprouts (8 oz.)
1 cup uncooked rice

Cook rice as per instructions on box. In wok, brown ground beef. Stir in vegetables and rice. Use soy sauce for seasoning. Bring out the chopstick for good eating.

'Dixie Lee Legan
'Thaylia Deck

*S*PRING ROLLS

ROLLS

½ C. shredded meat: pork loin,
beef or chicken
1 tsp. cooking wine or sherry
1 tsp. cornstarch
¼ tsp. salt
4 C. cabbage, finely shredded
1 C. celery, shredded

½ C. carrots, shredded
1 T. sugar
¼ tsp. ground pepper
1 tsp. sesame oil
2 T. water
1 pkg. egg roll wraps

Mix first four ingredients together & brown using 2 Tbs. oil. Mix ALL ingredients together except flour & water. Heat, covered, mixing lightly for about 10 minutes or until cabbage is tender. Mix cornstarch & water, then add to mixture. Cool in refrigerator. Place mixture in egg roll wraps. Fold in edges & roll up. Deep fry in fryer or skillet until lightly brown. Makes 12 rolls.

DIPPING SAUCE

2 T. soy sauce
2 T. white vinegar

1 T. ginger root, shredded

Blend well. Serve.

Note: Beating an egg & coating the closing ½" edge of the egg roll will seal the roll closed.

Larry 'E Sorensen

*S*WEET AND SOUR PORK ⑤

<i>2/3 cup packed brown sugar</i>	<i>2 med. carrots, sliced</i>
<i>2/3 cup cider vinegar</i>	<i>1 med. green pepper, cut into 1" pieces</i>
<i>2/3 cup ketchup</i>	<i>1/2 tsp. minced garlic</i>
<i>2 tsp. soy sauce</i>	<i>1/4 tsp. ground ginger</i>
<i>1 pound boneless pork loin, cut into 1" cubes</i>	<i>1 can (8 oz.) pineapple chunks, drained</i>
<i>1 Tbs. canola oil</i>	<i>Hot cooked rice, optional</i>
<i>1 med. onion, cut into chunks</i>	

Combine brown sugar, vinegar, ketchup, and soy sauce. Pour half into a large resealable plastic bag, add pork. Seal bag and turn to coat; refrigerate 30 minutes. Set remaining marinade aside. Drain and discard marinade from pork. In a large skillet, cook pork in oil for 3 minutes. Add vegetables, garlic, and ginger; sauté until pork is no longer pink. Add reserved marinade. Bring to a boil; cook 1 minute or until heated through. Stir in pineapple. Serve with rice if desired.

Norma Hartung

*T*AMAGOYAKI ⑤

(Japanese-Style Omelet)

<i>3 eggs</i>	<i>2 tsp. milk (optional)</i>
<i>2 tsp. sugar</i>	<i>1 Tbs. vegetable oil</i>
<i>1/4 tsp. salt</i>	

First, mix the eggs, sugar and salt in a bowl or a large cup. Add milk if you like your eggs fluffy. Pour the oil into a frying pan on medium heat then add the egg mixture and stir it every few second so that it begins to cook in chunks. After about 3 minutes, while the eggs are still runny, carefully pour them onto a large sheet of aluminum foil. Use the aluminum foil to roll the eggs into a cylindrical shape. Once you have a good shape, roll the edges of the foil to close the eggs in tightly. Wait about 5 minutes for the eggs to solidify, then remove the roll from the foil and slice it into bite size pieces.

Jasmine Seiberling

NATIVE AMERICAN

CHEROKEE HUCKLEBERRY BREAD

2 C. self rising flour
1 egg
1 C. sugar
1 stick butter

1 C. milk
1 tsp. vanilla extract
2 C. berries (Huckleberries or
Blueberries)

Cream eggs, butter & sugar together. Add flour, milk & vanilla. Sprinkle flour on berries to prevent them from going to the bottom. Add berries to mixture. Put into baking pan & bake in oven at 350° for approx. 40 minutes or until done.

CHOCTAW HUNTERS STEW

2 lbs. deer meat
3 stalks celery, chopped fine
2 T. beef suet
3 medium onions, chopped fine
2 tsp. salt

2 potatoes, cut in ½ inch pieces
½ tsp. pepper
1 lg. can tomatoes
6 carrots

Cut meat in chunks, along with beef suet. Add all ingredients, cover with water. Cook until meat is tender.

Larry E Sorensen

*It is amazing what you can accomplish if you do not care
who gets the credit.*

- Harry S. Truman

CORN, ZUCCHINI AND TOMATO PIE

- | | |
|---|--|
| 3 C. <i>fresh or frozen corn</i> | 3 to 4 <i>vine ripened tomatoes, cut</i> |
| 5 <i>small zucchini, cut into match</i> | <i>into ½ inch slices</i> |
| <i>stick pieces</i> | ½ C. <i>freshly grated Parmesan</i> |
| 2 <i>tsp salt</i> | <i>cheese</i> |
| 1 <i>tsp freshly ground pepper</i> | ¼ C. <i>dry bread crumbs</i> |
| 1 T. <i>fresh dill weed</i> | 2 T. <i>olive oil</i> |
| 2 T. <i>melted butter</i> | |

Pre heat oven to 375°. In a 9 x 13 oven proof baking dish, combine the corn, zucchini, 1 tsp salt, ½ tsp pepper, dill and melted butter: tossing to coat the vegetables. Cover the vegetables with the tomatoes. Sprinkle the remaining salt & pepper. In a small bowl, combine the cheese & the bread crumbs. Sprinkle the mixture over the tomatoes & drizzle with the olive oil. Bake the pie for 30 minutes or until the cheese is bubbling. Remove from oven and let stand for 5 minutes before serving.

GRANNY'S CHEROKEE CASSEROLE

- | | |
|--|---------------------------------|
| 1 lb. <i>lean ground beef</i> | 1 T. <i>garlic powder</i> |
| 1 <i>onion, finely diced</i> | 1 <i>tsp. dried thyme</i> |
| 1 - 10.75 oz. <i>can condensed cream</i> | 1 <i>tsp. dried oregano</i> |
| <i>of mushroom soup</i> | 2 <i>tsp. white sugar</i> |
| 1 C. <i>instant rice</i> | 6 <i>slices American cheese</i> |
| 1 - 14.5 oz. <i>can diced tomatoes</i> | |

Preheat oven to 350 °. Place ground beef & onions in a large, deep skillet. Cook over medium high heat until beef is evenly brown. Drain. Add the soup, rice, tomatoes, garlic powder, thyme, oregano & sugar. Mix well and cook over medium heat for 10 minutes. Place in a 9 x 13 casserole dish. Top with cheese slices and bake for 15 to 20 minutes or until cheese is bubbling and browning.

Revelation 3:20 - Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

*N*OPI CORN STEW & BLUE DUMPLINGS

FOR THE STEW

- | | |
|-----------------------------------|------------------------|
| 2 T. bacon drippings | 4 C. corn kernels |
| 1½ lb. ground beef or goat meat | 1 small zucchini |
| 1 medium onion, chopped | 1 small yellow squash |
| 1 green bell pepper, chopped | 4 C. water |
| 1 T. ground New Mexico red pepper | 2 T. whole wheat flour |
| | salt to taste |

Heat bacon drippings over medium-high heat in a large stew pot or Dutch oven. Add the meat and sauté until lightly browned. Stir in onion, pepper and ground red pepper. Sauté until onion is translucent, 3-4 minutes. Stir in corn, zucchini and squash and add enough water to cover. Bring to a boil and reduce heat to medium-low and simmer 30-40 minutes, until meat and vegetables are tender. Then, in a small bowl, combine flour & 2 T. broth from the stew. Whisk back into the stew and simmer until thickened. Add the dumplings to the stew during the last 15 minutes of cooking time.

FOR THE BLUE DUMPLINGS

- | | |
|----------------------|-------------|
| 2 C. blue corn meal | ½ tsp. salt |
| 2 tsp. baking powder | ⅓ C. milk |
| 2 T. bacon drippings | |

In a mixing bowl combine corn meal, baking powder, bacon drippings and salt. Stir in enough milk to make a stiff batter. Drop by T. into the stew during the last 15 minutes of cooking.

*I*NDIAN TACOS

- | | |
|---------------------------------|------------------------------------|
| 1 lb. fried hamburger | 1 lg. can kidney beans |
| 2 cans diced tomatoes | 1 tsp. chili powder |
| 1 lg. green pepper | A few shakes of Tabasco (to taste) |
| 1 lg. onion, chopped | 1 C. cheddar cheese, shredded |
| 1 - 8 oz. pkg. sliced mushrooms | 1 small head lettuce, shredded |
| ½ C. rice, cooked | 4 fresh tomatoes, diced |
| 1 small can refried beans | |

Using fried bread as a base begin by first mixing the first 10 ingredients in a large pot. Simmer on low heat for about 2 hours. While this is simmering, make fried bread. (Separate recipe from this book) Place hot fried bread on a plate, top with sauce, shredded cheese, lettuce & tomatoes.

*N*AVAHO FRY BREAD

BREAD

4 cup flour
1 Tbs. baking powder
1 tsp. salt

1 cup warm water
1 - 2 cups shortening or cooking oil

Mix the flour, baking powder and salt in a large bowl. Gradually stir in the water and work it in adding more water, a little at a time, if needed. Knead by hand until soft but not sticky. Form the dough into a round ball, cover and let stand for about 30 minutes. Shape into 2 inch balls. Heat shortening or cooking oil in a 1½" deep frying pan until hot. Flatten each ball of dough by patting and stretching into a pizza shape. Carefully place the dough into the hot oil. Fry until the edges of the bread are golden and turn to cook the other side. Makes 4-5 pieces.

TOPPING

2 medium onions, chopped
½ lb. shredded cheddar cheese
2 cup shredded lettuce
2 medium tomatoes, diced

2-3 fresh roasted chilies (chopped)
4-6 cups hot chili beans
sour cream (optional)

Layer the beans, chilies, onion, tomato, lettuce, cheese, and sour cream on top of each fry bread to make Navajo tacos.

Staci Rice

*N*AVAJO FRY BREAD

1 C. white flour
½ C. whole wheat flour
1 T. sugar
½ tsp. baking powder

¼ tsp. salt
½ C. honey
vegetable oil

Mix dry ingredients. Add water to dry ingredients, mix well. Knead dough on a floured board till it becomes elastic. Let dough rest 10 minutes, covered. Roll out dough till it is ½ " thick. Cut into squares or circles. Deep fry at 370° till golden brown; drain on paper towels. Drizzle with honey & serve.

SIoux INDIAN PUDDING

- | | |
|---|------------------------|
| 3 C. milk | 2 tsp. ground cinnamon |
| 1 C. heavy cream | ¼ tsp. ground nutmeg |
| ½ C. yellow corn meal | ¼ tsp. ground clove |
| ½ C. (lightly packed) light brown sugar | ¼ tsp. ground ginger |
| ½ C. molasses | 4 large eggs |
| 1 tsp. salt | 4 T. unsalted butter |

Heat oven to 325°. Lightly grease a 6-8 C. soufflé-dish with butter. Scald the milk in a medium-size sauce pan over medium-low heat. While the milk is heating, pour the cream into a medium-sized bowl & stir in the corn meal, sugar, molasses, salt and spices. Add the cornmeal mixture to the scalded milk and cook, whisking constantly over medium low heat until the pudding has thickened to the consistency of syrup, about 5 minutes. Remove from heat. Beat the eggs in a small bowl with a whisk. Add ½ cup of the hot corn meal mixture to the eggs while whisking rapidly. Then vigorously whisk the egg mixture into the remaining corn meal mixture. Add the butter and stir until it melts. Pour the pudding into the prepared baking dish & place the dish in a shallow baking pan on the center oven rack. Pour enough hot water into the larger pan to come two-thirds of the way up the sides of the pudding baking dish. Bake until set & a toothpick inserted near the center comes out clean, about 1-¼ hours. Remove the pudding from the water bath & cool slightly. Serve it warm with vanilla ice cream or heavy cream spooned over the top. Makes 10 servings.

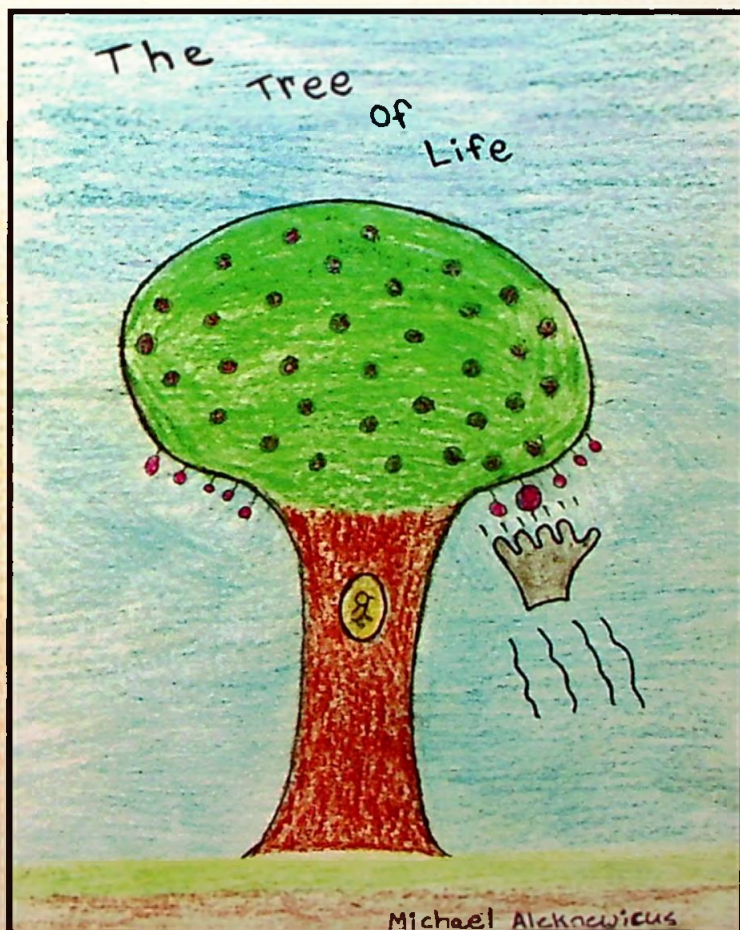
THREE SISTERS SOUP

- | | |
|---|--------------------------------|
| 2 C. canned white or yellow hominy, drained | 1½ C. potatoes, diced & peeled |
| 2 C. fresh green beans, trimmed & snapped | 1½ T. chicken bullion granules |
| 2 C. peeled & cubed butternut squash | 2 T. butter, melted |
| | 2 T. all-purpose flour |
| | ¼ tsp. pepper |
| | 5 C. water |

Place the hominy, green beans, squash & potatoes into a pot, then pour in water & chicken bullion. Bring to a boil, then reduce heat to low & simmer until vegetables are soft, about 10 minutes. Blend flour into butter, then stir into soup. Increase heat to medium & cook for 5 more minutes or until soup thickens. Season with pepper & serve.

Recipe Favorites

Delicious Delights



Michael Aleknewicus, age 17

Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

Delicious Delights

SCRIPTURE CAKE

*Cream ½ cup Judges 5:25 till light;
Blend in ¾ cup Jeremiah 6:20.*

*Stir together 2 cups I Kings 4:22;
½ tsp Amos 4:5;*

*1 dash of Leviticus 2:13 and II
Chronicles 9:9*

*Mix 3 Jeremiah 17:11 ½ cup Judges
4:19;*

and ⅓ cup I Samuel 14:25.

Stir in 1 cup I Samuel 30:12;

1 cup Nahum 3:12;

and ½ cup Numbers 1:8.

Bake at 325° for 40 minutes. Loosely cover with foil. Bake 50 minutes more. Let cool 10 min. in pan minutes. Remove from pan. Let cool on rack. Brush all sides with Proverbs 31:6 (if you couldn't figure this out... see below)

Translation

½ cup butter

¾ cup molasses

2 cups all-purpose flour

½ tsp baking soda

½ tsp ground cinnamon

¼ tsp ground cloves

⅛ tsp ground ginger

3 beaten eggs

½ cup buttermilk

½ cup honey

1 cup raisins

1 cup chopped figs

½ cup almonds

½ cup wine (can use orange juice)

In a large mixing bowl cream butter until light; blend in molasses. Stir together flour, baking soda, cinnamon, cloves, ginger and a dash of salt. Combine eggs, buttermilk and honey. Add egg mixture and dry ingredients alternately to creamed mixture. Mix well. Stir in raisins, figs, and almonds. Turn mixture into greased and floured 9 x 5 x 3" loaf pan. Bake at 325° for 40 minutes. Loosely cover with foil. Bake 50 minutes more. Let cool in pan 10 minutes, remove from pan. Cool on rack; brush all sides with wine or orange juice. Wrap in foil and store 1 to 2 days in refrigerator.

Note: You had to "know your scriptures" to bake the colonists Scripture Cake. The recipe makes baking like a treasure hunt.

Bonnie Baker

CAKES

3 LAYER DIRT CAKE ②

- | | |
|--|---|
| 1 pkg. Oreo's, crushed | 1 C. sugar |
| 2 stick butter or margarine | 2 pkg. instant pudding (you
choose flavor) |
| 1 - 8 oz. pkg. cream cheese,
softened | 3 C. milk |
| 1 tsp. vanilla | 6 oz. whipped topping |

Melt one stick of butter and mix with crushed Oreo's. Spread evenly on pan bottom. Mix together cream cheese, 1 stick butter, vanilla & sugar. Spread evenly over cookies. Blend together pudding, milk & whipped topping. Top cake with final mixture. Refrigerate for at least one hour.

Norma Hartung

3-2-1 CAKE ②

- | | |
|-----------------------------|------------|
| 1 box Angel Food cake mix | 2 T. water |
| 1 box cake mix (any flavor) | |

In a Ziploc bag, combine the two cake mixes together and mix well. For each individual cake servings, take out 3 T. of the cake mix combination and mix it with 2 T. of water in a small microwave-safe container. (If using a cup, spray with cooking spray.) Microwave on high for 1 minute and you have your own instant individual little cake!

Note: Keep remaining cake mixture stored in the Ziploc bag and use whenever you feel like a small treat! No need to refrigerate. Top each cake with a little whipped topping or some fresh fruit. This is called 3-2-1 Cake because you use 3 T. mix, 2 T. water & 1 microwave minute. Try any flavor of cake mix but ALWAYS REMEMBER THAT ONE OF THE CAKE MIXES MUST BE ANGEL FOOD.

Dorothy Sorensen

A MARINE'S BIRTHDAY CAKE †

*½ C. shortening
1½ C. sugar
1 tsp. salt
2 C. sifted cake flour*

*2 tsp. baking powder
¼ C. milk
1 tsp. vanilla
4 egg whites*

Cream shortening, sugar & salt until light & fluffy using a mixer (3 minutes on medium speed). Combine flour & baking powder adding alternately with milk & vanilla to shortening mixture. Beat egg whites until they hold peaks, then fold in the batter. Pour into two 8" wax paper lined & greased pans. Bake at 350° for 30 minutes.

Note: Remona's son was a marine.

*Remona Phillips
Pat Phillips*

B BLACK FOREST CAKE

*1 - 18 oz. devil's food cake mix
8 oz. whipped topping (thawed)
1 T. almond flavoring
2 T. vanilla
1 - 1 oz. pkg. of vanilla instant
pudding*

*1 can cherry pie filling
1 oz. chocolate sprinkles
Maraschino cherries*

In a 9 x 13" pan, bake cake according to box directions. Mix pie filling and almond flavoring. While cake is still warm, poke top with fork and spread cherry filling over cake. While cake cools, prepare pudding according to package directions, adding extra vanilla flavoring. Fold in whipped topping. Spread pudding mixture over cake, carefully covering the cherry pie filling. Decorate with chocolate sprinkles and maraschino cherries. Cover and refrigerate. Serves 10-12.

Larry E Sorensen

Acts 2:42 - They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.

*B*BROWNIE CHOCOLATE CAKE

2 cups sugar
2 cups flour
 $\frac{1}{2}$ cup oleo
4 Tbs. cocoa
1 cup water

$\frac{1}{2}$ cup buttermilk
1 tsp soda
1 tsp cinnamon
2 eggs

Mix together flour and sugar. In a saucepan bring to boil oleo, cocoa, and water. Beat 2 eggs. Combine boiling mixture with the flour and sugar. Add eggs, buttermilk, soda, and cinnamon. Grease and flour pan. Bake in 15 x 10" pan. 20 minutes at 375°. Icing of your choice.

Note: This is really good and easy. Makes like a sheet cake.

Thaylia Deck

*C*HERRY CHEESE CAKE

1 $\frac{1}{4}$ C. graham crackers, crushed
 $\frac{1}{4}$ C. sugar
 $\frac{1}{4}$ C. melted butter
1 - 8 oz. pkg. cream cheese,
softened

1 C. powdered sugar
 $\frac{1}{2}$ tsp. vanilla
2 C. whipped topping
1 can cherry pie filling

Mix graham crackers, sugar & melted butter together using a fork until mixture is evenly coated & moist. Pat into 9" pie or springform cake pan. Then in a bowl combine cream cheese, powdered sugar & vanilla. Blend until smooth. Then add whipped topping, Beat until light & fluffy with a fork or mixer on low speed. Spread evenly over crust. Then spread cherry pie filling over the top of this mixture. Chill at least 1 hour. Overnight is best.

Geanetta Renner

John 15:5 - "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."

CHOCOLATE CHEESE CAKE

- | | |
|---|--|
| 1 ¼ C. chocolate graham crackers
or chocolate cookies, crushed | 1 - 8 oz. pkg. cream cheese,
softened |
| ¼ C. melted butter | ½ tsp. vanilla |
| 4 C. whipped topping | 1 ½ C. milk |
| 1 - 1 oz. box instant chocolate
pudding | ½ C. walnuts (chopped), optional |
| 1 chocolate Hershey bar (keep cold
in fridge) | |

Mix chocolate crackers or cookies, sugar and melted butter together. Pat into 9 inch round pie or cake pan. Then in a bowl and using a mixer, blend together cream cheese, powdered sugar and vanilla until smooth. Add 2 C. whipped topping and beat until light and fluffy. Pour over crackers in pan, let chill in fridge while doing the next step. In a bowl mix together the chocolate pudding and milk until smooth and thick. Blend in 1 C. whipped topping and pour into chilled pan. Return to fridge for 30 minutes. Top with remainder of 1 C. whipped topping. Top with chocolate curls from the chocolate bar by using a potato peeler. Nuts can also be added to the topping. Chill over night.

Geanetta Renner

Proverbs 30:8 - Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.

CHOCOLATE CINNAMON SHEET CAKE

2 C. flour
1 C. water
 $\frac{1}{8}$ tsp. salt
1 C. butter
2 C. sugar
2 tsp. cinnamon

1 tsp. vanilla
 $\frac{1}{2}$ C. buttermilk
 $\frac{1}{4}$ C. cocoa
2 eggs
1 tsp. soda

Bring to boil in small sauce pan the butter, cocoa and water, reduce heat. Mix dry ingredients together in large bowl, then in a small bowl beat the eggs and add vanilla. In yet another bowl mix buttermilk and soda, will foam up some. Take cooked ingredients off stove and add to dry ingredients mixing well with a whisk or wooden spoon. Then add bowl with eggs and vanilla & bowl with soda and buttermilk. Mix all together well. Pour into 11 x 17 cake pan that has been greased and floured. Bake in oven at 400° for 20 minutes or till sides pull away from sides of cake pan & middles shows clean on a toothpick.

Note: When I buy buttermilk there is way more than I need for this cake. So I measure out $\frac{1}{2}$ C. in small containers, mark & freeze until I need buttermilk again. It will last a long time that way. Just thaw & use. I like to make a vanilla drizzle frosting to dribble over cake from butter, powered sugar, a little vanilla & a bit coffee or hot water. YUM.

Geanetta Renner

CHOCOLATE DESSERT CAKE

1 Chocolate Cake Mix
1 cup brown sugar
 $\frac{1}{2}$ cup cocoa

2 cup hot water
1½ cup miniature marshmallows.
chopped nuts (optional)

Combine the brown sugar, cocoa, and hot water and pour into a 9 x 13" pan. Sprinkle with miniature marshmallows. Make cake mix as directed on box. Pour the cake batter over the brown sugar, cocoa, and water mixture. May sprinkle with nuts. Bake at 350° for 35 min.

Norma Hartung



CHOCOLATE NUT FILLED DEVIL'S FOOD

*2/3 C. soft butter
1 1/4 C. sugar
2 eggs
2 egg yolks
1/2 C. cocoa
1/2 C. warm water
1/2 C. nuts (your choice)*

*1 C. shredded coconut
2 1/4 C. sifted flour
1 tsp. baking soda
1/2 tsp. salt
1/4 C. sour milk
Whipped cream or whipped
topping.*

In blender or processor add, butter, sugar, eggs, cocoa, and water. Blend on high for 30 seconds. Add coconut and nuts, blend for 10 seconds. Pour mixture into a mixing bowl and sift in flour, soda and salt, alternating with milk, stirring until smooth. Pour into a greased 9 x 13 cake pan. Bake 45 minutes at 350°. Serve, topped with whipped cream.

Marvel Huskinson

Genesis 1:11 - Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds."

COCA-COLA CAKE

CAKE

1 cup Coca-Cola
½ cup buttermilk
1 cup butter or margarine,
softened
1¾ cup sugar
2 large eggs, lightly beaten
2 tsp. vanilla

2 cups flour
¼ cup cocoa
1 tsp. baking soda
1½ cup miniature marshmallows
Coca-Cola Frosting
Garnish: ¾ cup chopped pecans,
toasted

COMBINE: Coca-Cola and buttermilk, set aside. BEAT butter at low speed with an electric mixer until creamy. Gradually add sugar; beat until blended. Add egg and vanilla; beat at low speed until blended. COMBINE: flour, cocoa, and soda. Add to butter mixture alternately with cola mixture; begin and end with flour mixture. Beat at low speed just until blended. STIR in marshmallows. Pour batter into a grease and floured 13-x9-inch pan. Bake at 350° for 30-35 minutes. Remove from oven, cool 10 minutes. Pour Coca-Cola Frosting over warm cake, garnish, if desired.

COCA-COLA ICING

½ cup butter or margarine
⅓ cup Coca-Cola
3 Tbs. cocoa

1 (16-oz.) pkg. powdered sugar
1 Tbs. vanilla

BRING first 3 ingredients to a boil in a large saucepan over medium heat, stirring until butter melts. Remove from heat; whisk in sugar and vanilla.

Norma Hartung

John 15:4 - "Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

*C*OCOA CAKE

2 cups flour
½ cup lard or butter
2 eggs
1½ cups sugar
½ cup cocoa

2 tsp soda
½ cup sour milk
1 tsp vanilla
1 cup hot water

Cream sugar, cocoa, and butter. Add eggs and beat. Stir soda into milk, sift flour. Add milk and flour alternately into the creamed mixture. Add vanilla. Pour hot water in last. Batter will be very thin. Pour into 9 x13" pan. Bake for 30 minutes in 350° oven. Check for doneness with a toothpick. Use a powdered sugar icing with cocoa, and sprinkle with chopped nuts.

Note: This was the first cake I made many years ago and was a family favorite.

Norma Hartung

*C*OCONUT CARROT CAKE ❀

2 cups flour
2½ tsp. soda
2 tsp. cinnamon
1 tsp. salt
1 cup oil
2 cups sugar

3 eggs
1 can crushed pineapple in juice
2 cups grated carrots
1½ cups coconut
½ cup chopped nuts

Mix flour, soda, cinnamon, and salt. Beat oil, sugar and eggs thoroughly. Add flour mixture. Beat until smooth. Add pineapple, carrots, coconut, and nuts. Pour into greased 9 x 13" pan. Bake at 350° for 50-60 minutes. Cool 10 min. Remove from pan. Cool on rack.

Coconut Cream Frosting:

1 cup coconut-toasted
1 pkg. (3 oz.) cream cheese
¼ cup butter

3 cups confectioners' sugar-sifted
1 Tbs. milk
½ tsp. vanilla

Toast 1 cup coconut. Cool. Cream cream cheese and butter. Alternately add confectioners' sugar, milk, and vanilla. Beat until smooth. Add ½ of the coconut. Frost cake; top with rest of coconut.

Anita Fakes

*C*RAZY CAKE †

2¼ cups flour
1½ cups sugar
4½ Tbs cocoa
¾ tsp salt
1½ tsp soda

9 Tbs vegetable oil
1½ Tbs vinegar
1½ tsp vanilla
1½ cup cold water

Mix flour, sugar, cocoa, soda, and salt together in a bowl and form 3 wells. In first well add oil. In second well, add vinegar. In third well, add vanilla. Pour cold water over and mix. Pour in ungreased 9 x 13" cake pan. Bake at 350° for 25 to 30 minutes.

*Beverly Kolb Wilder
Goldie Kolb*

*D*UMP CAKE †

1 - 20 oz. can crushed pineapple
1 can cherry pie filling
1 box yellow cake mix

2 sticks butter or margarine
½ cup chopped nuts (optional)

In 9 x 13 ungreased pan, empty crushed pineapple & juice. Spread cherry pie filling over pineapple. Spread dry cake mix over layers of pineapple & pie filling. Spread dollops of butter over top of cake mix. Sprinkle with chopped nuts if you wish. Bake 45 minutes at 350°. Serve with whipped cream or vanilla ice cream. Maybe both.

*Remona Phillips
Pat Phillips
Betty McConnell*

*E*ASY BLACK FOREST CAKE ☺

5 cups miniature marshmallows
1 pkg. chocolate cake mix

1 can cherry pie filling
1 8-oz.. carton whipped topping

Place marshmallows in bottom of greased 9 x 13" baking pan. Prepare cake batter according to package directions; pour over marshmallows. Spoon pie filling over batter. Bake at 350° for 1 hour. Cool. Frost with whipped topping. Refrigerate.

Norma Hartung

FRESH APPLE CAKE †

2 eggs
2 cups sugar
1 cup cooking oil
3 cups flour
1 tsp salt

2 tsp soda
2 tsp cinnamon
4 cups chopped apples
1 cup chopped pecans (optional)

Preheat oven to 350°. Grease 9 x 13" cake pan. Mix together thoroughly eggs, sugar, and oil. Sift together flour, salt, soda, and cinnamon. Add sifted ingredients and the apples to the egg mixture. Stir if the pecans are used. Pour into cake pan and bake 35 to 40 minutes. When cool top with whipped topping.

*JoAnn Epperson
Donita Harris*

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

GINGER CARROT CAKE

2 C. all-purpose flour
2 C. granulated sugar
2 tsp. baking powder
½ tsp baking soda
4 eggs
3 C. finely shredded carrots
¾ C. cooking oil

¾ C. mixed dried fruit bits
2 tsp ginger, freshly grated or ¼
tsp ground ginger
1 recipe Orange-Cream Cheese
Frosting (below)
1 C. finely chopped pecans,
toasted (optional)

Preheat oven to 350°. Grease and flour two 9 x 1½-inch round cake pans. Set aside. In a large bowl, stir together flour, sugar, baking powder and baking soda. Set aside. In a medium bowl, beat eggs; stir in carrots, oil, dried fruit bits and ginger. Stir egg mixture into flour mixture. Pour batter into prepared pans. Bake for 30-35 minutes or until a wooden toothpick inserted near the centers comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans. Cool completely on wire racks. Prepare Orange-Cream Cheese Frosting. Fill and frost cake layers with frosting. If desired, press toasted pecans onto the side of the cake. Cover loosely and store cake or any left overs in the refrigerator for up to 2 days. Makes 16 servings.

ORANGE-CREAM CHEESE FROSTING

6 oz. cream cheese, softened
½ C. butter, softened
1 T. apricot brandy or orange
juice

2 C. sifted powdered sugar
2½ to 2¾ C. sifted powdered
sugar (additional)
½ tsp finely shredded orange peel

In a large mixing bowl, combine the cream cheese, butter, and apricot brandy or orange juice. Beat with an electric mixer on medium speed until smooth. Gradually add 2 cups sifted powdered sugar, beating until mixed. Gradually beat in enough of an additional 2½ to 2¾ cups sifted powdered sugar to make of spreading consistency. Stir in the orange peel.

Larry E Sorensen

I'm a great believer in luck, and I find the harder I work the more I have of it.

- Thomas Jefferson

*H*AWAIIAN PINEAPPLE POKE CAKE †

CAKE

*1 yellow cake mix
eggs (per directions)*

*water (per directions)
oil (per directions)*

Bake a yellow cake mix per directions on the box. After cake has baked punch holes with a wooden spoon handle. Let cake cool.

TOPPING

*1 8 oz cream cheese
1 pkg instant vanilla pudding
1 cup cold milk
1 large can crushed pineapple*

*2 cups whipped topping
coconut
chopped pecans*

Combine cream cheese, pudding mix and milk. Beat until thick. Spread the crushed pineapple on the cake, then the cream cheese mixture, then whipped topping. Sprinkle with coconut and chopped pecans as much as you want. Refrigerate.

*Amita Fakes
Norma Hartung
Teresa Sorensen*

John 7:37b-38 - "If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the scripture has said, streams of living water will flow from within him."

Hot Water Cake †

CAKE

<i>2 cups cake flour</i>	<i>2 tsp baking powder</i>
<i>2 cups sugar</i>	<i>1 tsp cream of tartar</i>
<i>1 cup boiling water</i>	<i>6 large egg whites (beaten)</i>
<i>¼ tsp salt</i>	<i>1 tsp vanilla</i>

Sift cake flour, sugar, and salt together 5 or 6 times. Pour 1 cup boiling water over flour mixture and stir good. Let cool overnight. Next morning add beaten egg whites. Sprinkle in the cream of tartar and baking powder. Add vanilla. Grease oblong pan (9 x 13") and bake at 325° oven for 40 min. Remove from oven and immediately turn upside down on a rack to cool.

MOM'S BROWN SUGAR ICING

<i>½ stick butter</i>	<i>Powdered Sugar</i>
<i>½ cup brown sugar</i>	<i>Chopped Pecans</i>
<i>6 T. canned milk</i>	

Beat together all ingredients adding enough powdered sugar until desired consistency is reached. Frost cake and sprinkle immediately with chopped pecans. Delicious on this cake.

Note: This recipe came from my mother-in-law. She made it for birthdays and every holiday. It was and still is a family favorite. This cake is similar to an angel food cake, but is baked in an oblong pan.

Laura Hartung
Norma Hartung

Hebrews 13:15 - Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that confess his name.

*L*AZY DAISY CAKE †

CAKE

2 cups flour
2 cups sugar
4 eggs
2 tsp vanilla

2 tsp baking powder
1 tsp salt
1 cup milk
4 Tbs butter or oleo

Beat egg whites first, then yolks and combine. Add sugar gradually; beat until light and fluffy. Sift flour, measure, add salt, baking powder and sift again. Then add sugar and egg. Beat. Heat milk and butter to boiling point and add to batter. Use a 9 x 13" pan. Bake at 350°, 30 min.

TOPPING

5 Tbs brown sugar
3 Tbs cream
½ cup coconut
½ cup chopped pecans

4 Tbs butter or oleo
1 tsp vanilla
Pinch salt

Mix all ingredients together. As soon as cake is done, spread topping on cake and broil until a little brown. Watch closely, so as not to burn.

Note: Mother made this cake many times during my growing up years, and we always looked forward to eating it. The icing makes the cake!

*Lydia Schmidt
Norma Hartung*

*L*EMON POPPY SEED CAKE

1 lemon cake mix (box)
1 pkg lemon instant pudding
4 eggs
2 tsp vanilla

½ cup vegetable oil
1 cup cold water
½ of a 2½ oz can of poppy seeds

Blend all ingredients with mixer. Beat at medium speed for 2 minutes. Bake in a well-greased and floured bundt or tube pan at 350° for 35-55 minutes. Cool right side up for 30 minutes; then remove from pan. Dust with powdered sugar or drizzle vanilla icing over top.

Note: You may substitute a white cake mix with vanilla pudding for the lemon cake mix

Alice Jane Hayes

*L*USCIOUS 4 LAYER PUMPKIN CAKE ❀

CAKE

1 pkg. yellow cake mix 4 large eggs
1 (15 oz) can pumpkin (½ divided) 1 tsp pumpkin pie spice
½ cup milk

Mix all together with mixer at medium speed until well blended. Pour into well greased and floured 2 - 9" round cake pans. Bake 20-25 minutes. (Test with toothpick. Toothpick comes out clean when done.) Cool completely.

FILLING

8 oz. cream cheese ½ tsp pumpkin pie spice
1 cup powdered sugar 1 - 8-oz. container cool whip
½ can pumpkin

Meanwhile beat softened cream cheese in mixing bowl until creamy. Add the powdered sugar, ½ can pumpkin, and the pumpkin pie spice. Mix well and then add 1-8 oz. container cool whip. Mix well. Split cake horizontally into 4 layers. Place 1 layer of cake onto plate, spread ⅓ of the cream cheese mixture onto layer; alternate layers of cake and cheese mixture. For topping drizzle caramel topping on top layer; decorate with pecan halves. Refrigerate until serving time.

Anita Fakes

I Corinthians 10:27 - If some unbeliever invites you to a meal and you want to go, eat whatever is put before you without raising questions or conscience.

MISSISSIPPI MUD CAKE †

CAKE

4 eggs	1 tsp. baking powder
2 C. sugar	3 T. cocoa
2 sticks margarine or butter	1½ C. flaked coconut
1 tsp. vanilla	1 C. chopped nuts
1½ C. flour	1 - 7 oz. jar marshmallow creme

Cream together first four ingredients; gradually add dry ingredients. Blend well. Add nuts & coconut. Pour into greased 9 x 13" pan. Bake 40 to 45 minutes at 350°. Spread marshmallow creme on hot cake. Cool completely. Frost.

FROSTING

1 stick margarine or butter, softened	⅓ C. cocoa
1 lb. powdered sugar	⅓ C. condensed milk
	1 tsp. vanilla

Whip together all ingredients until smooth.

*Virginia Toland
Christy Kilpatrick*

*We make a living by what we get, we make a life by what
we give.*

- Sir Winston Churchill

ORANGE SLICE FRUIT CAKE

FRUIT CAKE

2 cups sugar
2 cups chopped pecans
½ cup buttermilk
1 tsp. soda
4 eggs

1 (14 oz.) pkg. angel flake coconut
1 lb. orange slices (cut fine)
½ lb. dates (cut in small pieces)
3½ cups flour (Sprinkle a little
over fruit and orange slices)

In a bowl combine pecans, coconut, orange slices, and dates; sprinkle with a little flour to keep ingredients from sticking together. In another bowl mix sugar, buttermilk, soda, eggs and remaining flour. After ingredients are mixed well together add the pecan, coconut, orange slice and dates to the batter. Pour batter into a tube pan or 2-3 (depending on size) loaf (bread) pans. Bake at 350° for about 60 minutes or until done. Use a toothpick to test for doneness, if cake does not stick to the toothpick it's done. After removing from the oven. Pour glaze over cake.

GLAZE FOR FRUIT CAKE

1 cup orange juice

2 cups powdered sugar

Dissolve the powdered sugar in the orange juice. Pour over the fruit cake and let stand 6-8 hours. Loosen sides of cake. Turn over. Cake will fall out. This cake freezes very well.

Note: I was given this recipe when I was a teenager by the mother of some children I babysat with, and it has been a hit with my family ever since. It is a favorite for those who do not care for the traditional fruit cake.

Norma Harlung

*The best and most beautiful things in the world cannot be
seen or even touched, they must be felt with the heart.*

- Helen Keller

*O*VERNIGHT COFFEE CAKE

CAKE

2 C. Flour
½ tsp. salt
2 eggs
½ tsp. vanilla
1 tsp. soda

½ C. brown sugar
¾ C. butter
1 tsp. baking powder
1 C. sugar
1 C. buttermilk

Cream butter, eggs and sugar, then add rest of the ingredients & mix well. Pour into 9 x 13 inch cake pan that has been greased and floured. Bake at 350 ° for 25 to 40 minutes.

TOPPING

½ C. brown sugar
½ tsp. cinnamon

½ C. nuts

Mix together & put on top of cake in pan above before baking. Can be left in fridge overnight & baked the next morning for breakfast. I usually keep covered when in fridge. I like to make this on Christmas Eve and serve Christmas morning with coffee or hot chocolate.

Geanetta Renner

Luke 9:17 - They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

*P*EANUT BUTTER SHEET CAKE

CAKE

2 cups flour	½ cup peanut butter
2 cups sugar (I use 1½ cups)	¼ cup vegetable oil
½ tsp baking soda	2 eggs
¼ tsp salt	½ cup buttermilk
1 cup water	1 tsp vanilla
¾ cup softened butter or margarine	

Preheat oven to 350°. Grease sheet cake pan (10 x 15"). In large bowl stir together flour, sugar, baking soda and salt. Set aside. Combine water and butter in a saucepan, bring to boil. Remove from heat and stir in peanut butter and vegetable oil until well blended. Stir into dry ingredients. Combine eggs, buttermilk and vanilla, stir into peanut butter mixture until well blended. Spread into pan, bake 18 - 26 minutes (until toothpick comes out clean).

FROSTING

¾ cup white sugar	⅓ cup chunky peanut butter
½ cup evaporated milk	⅓ cup miniature marshmallows
1 Tbs margarine	½ tsp vanilla

While cake is baking, place sugar, evaporated milk and margarine in saucepan. Bring to boil, stirring constantly. Cook for 2 minutes, stirring. Remove from heat and stir in peanut butter, marshmallow and vanilla. Stir until marshmallows are melted and mixture is smooth. Spoon over warm cake and spread in even layer. Cool before cutting.

Note: I added a little more peanut butter and marshmallows.

Shelley Charles

The artist is nothing without the gift, but the gift is nothing without work.

- Emile Zola

*P*INEAPPLE SHEET CAKE

CAKE

2 cups flour
1 ½ cup white sugar
1 tsp. soda

1 (20 oz.) can crushed pineapple
¾ cup brown sugar
½ cup chopped nuts

Mix together flour, sugar, and soda. Add pineapple and the juice. Mix well and pour into ungreased jelly roll pan 10 x 15". Mix brown sugar and the nuts. Sprinkle over top of batter. Bake at 350° for 30 minutes.

TOPPING

1 ½ sticks margarine
1 can evaporated milk (tall can)

¾ cup white sugar
1 tsp. vanilla

Mix topping while cake is baking. Mix all ingredients and boil for 3 minutes. Pour topping over cake immediately out of the oven.

Shelley Charles

*P*INEAPPLE SHEET CAKE

SHEET CAKE

2 cups flour
2 cups sugar
2 tsp. soda
2 eggs

16 oz. can crushed pineapple with
juice
2 tsp. vanilla

Mix together flour, sugar, soda, and eggs. Add pineapple and vanilla. Mix all together and pour into greased and floured jelly roll pan (10 x 15"). Bake at 350° for 25 min.

ICING

8 oz. cream cheese, softened
2 cups powdered sugar

¼ cup margarine, softened

Mix all ingredients with a mixer. While cake is warm, spread on icing and sprinkle ½ cup of chopped pecans on top.

Betsy Ledin

*P*UMPKIN CAKE ❀

1 box yellow cake mix
2 sticks butter
4 eggs
1 8-oz. pkg. cream cheese
1 tsp vanilla

1 tsp cinnamon
1 tsp nutmeg
1 can pumpkin
1 cup powdered sugar

Mix together cake mix, 1 stick softened butter, and 1 egg. Press into 9 x 13" pan. Set aside. Mix cream cheese, powdered sugar and butter. Add 3 eggs, one at a time, add pumpkin, vanilla, cinnamon, and nutmeg. Mix well. Pour onto crust. Bake 40 minutes in a 350° oven.

Anita Fakes

*P*UMPKIN PIE CAKE

2 cans pumpkin pie mix
1 yellow cake mix

1 cup melted butter
1 cup chopped nuts

Make double recipe of the pumpkin pie mix, but use only 1 can evaporated milk. Put in oiled 10 x 15" pan. Sprinkle top with cake mix, butter, and nuts. Bake at 350° for about 1 hour.

Bonnie Baker

*S*OUR CREAM CAKE †

½ cup unsalted butter
1½ cups sugar
4 large eggs, separated
1 cup sour cream
2 tsp lime juice

1 tsp grated lime zest
½ tsp almond extract
1¾ cup sifted cake flour
½ tsp baking powder
¼ tsp baking soda

Preheat the oven to 325° and flour one 5 x 9" loaf pan. Cream the butter and sugar until light. Add the egg yolks, sour cream, lime juice and zest and almond extract. Continue mixing until fluffy. Sift together the dry ingredients and stir into the sour cream mixture. Beat the egg whites to soft peaks, and gently fold into the batter. Pour the pan three-fourths full of batter and bake for 50-55 minutes, or until a cake tester comes out clean. Remove from pan and cool on a rack.

*Mrs. John (Barbara) Griffith
Norma Greever*

*S*OUR CREAM CHOCOLATE CAKE †

<i>½ cup shortening</i>	<i>1 tsp vanilla</i>
<i>1 cup white sugar</i>	<i>1 tsp burnt sugar flavoring</i>
<i>½ cup brown sugar</i>	<i>2 cups sifted cake flour</i>
<i>2 eggs</i>	<i>1 tsp soda</i>
<i>2 ozs. unsweetened chocolate</i>	<i>¼ tsp salt</i>
<i>¾ cup commercial sour cream</i>	<i>½ cup hot strong coffee</i>

Cream shortening with sugars. Add whole eggs, beating them in well. Melt chocolate and beat in. Add sour cream and flavorings. Sift dry ingredients together and alternately with the coffee. Grease and flour 2 layer pans, pour batter evenly in the pans or use a 9 x 13" cake pan and bake for about 30 minutes or until done at 350°.

Note: This was Dad's favorite cake and a great way to use up sour cream.

Vernon Schmidt
Norma Hartung

*S*OUR LEMON CAKE †

<i>1 cup unsalted butter</i>	<i>2 tsp baking powder</i>
<i>1 ½ cups sugar</i>	<i>½ tsp salt</i>
<i>4 large eggs</i>	<i>1 cup milk</i>
<i>3 cups sifted all-purpose flour</i>	<i>Grated rind of 2 lemons</i>

Preheat the oven to 350° and butter and flour the cake pan. Cream the butter and sugar; beat in the eggs, one at a time. Sift together the flour, baking powder, and salt and add to the butter mixture, alternating with the milk. Stir in the lemon rind. Pour batter into one 9" pan. Bake for 1 hour, or until a tester comes out clean. Remove from the oven to sit in the pan for a few minutes. Turn the cake onto a rack

GLAZE

<i>⅓ cup cognac</i>	<i>½ cup sugar</i>
<i>⅓ cup lemon juice</i>	

Stir the glaze ingredients together until the sugar dissolves and brush onto the warm cake. Allow to cool.

Mrs. John (Barbara) Griffith
Norma Greever

*T*WINKIE CAKE †

<i>1 Duncan Hines yellow or Devil's food cake mix</i>	<i>¾ C. shortening</i>
<i>5 T. flour</i>	<i>¾ C. sugar</i>
<i>1 C. milk</i>	<i>1 tsp. vanilla or rum or creme' de menthe flavoring</i>
<i>1 stick margarine or butter</i>	<i>Frosting (your choice)</i>

Mix & bake cake according to box directions. Cool in freezer. Slice lengthwise in the middle to form two halves. Remove top half. Prepare filling by combining flour & milk. Cook until very thick. Cool. Beat together margarine, sugar & shortening until fluffy. Add flour mixture. Add vanilla or other flavoring. Blend smooth. Spread between cake layers. Top with frosting.

*Virginia Toland
Christy Kilpatrick*

*Z*ACH'S BIRTHDAY CAKE ★

(cherry cake)

CAKE

<i>1 pkg. fudge cake mix</i>	<i>2 eggs, beaten</i>
<i>1 can cherry pie filling</i>	<i>1 tsp. almond extract</i>

Mix all ingredients by hand until moist. Pour into a greased & floured 9 x 13 pan. Bake at 350° for 30 minutes.

FROSTING

<i>5 T. butter</i>	<i>1 C. sugar</i>
<i>⅓ C. milk</i>	<i>1 C. semi-sweet chocolate chips</i>

Melt butter in a small pan. Stir constantly for 1 minute. Remove from heat & stir in chocolate chips until smooth. Spread over cooled cake.

*Pat Phillips
Zach Phillips*

PIES

*A*PPLE PIE FILLING

1 can apples
1 tsp. cinnamon
1 C. sugar

1 tsp. nutmeg
3 T. minute tapioca
2 9" unbaked pie crusts

Mix all ingredients in a bowl & pour into the pie shell. Add 1 tsp. butter to top of ingredients in pie shell. Put top pie crust on. Prick holes in top pie crust to let steam escape. Now sprinkle a little sugar on top crust & bake at 350° for 1 hour or until crust is golden brown. Cover all the outer edges of crust with foil & secure with toothpicks. Do this before putting in oven & take off the last 15 minutes of baking. This will prevent the edges from getting done before the middle. This recipe makes 1 double crust pie.

Geanetta Renner

*B*LACK FOREST PIE

1 (8 oz.) pkg cream cheese,
softened
1 ¼ cup cold milk
1 (4 oz.) box instant chocolate
pudding

1 Oreo pie crust
1 cup cherry pie filling
1 cup cool whip

Beat cream cheese on medium speed until softened and smooth, gradually blend in milk. Add pudding mix and beat at low speed for 1 minute, scraping bowl often. Beat at medium speed for 30 seconds. Spread into pie crust. Chill until firm, about 2 hours. Just before serving, spoon cherry pie filling over pie. Garnish with cool whip, serve immediately.

Staci Rice

*B*BLUEBERRY PIE ❁

- | | |
|---|------------------------------------|
| <i>1 8 oz. pkg. cream cheese</i> | <i>1 can blueberry pie filling</i> |
| <i>1 cup sugar</i> | <i>2 bananas</i> |
| <i>2 pkg. dream whip (or substitute with cool whip)</i> | <i>2 baked pie shells, 9"</i> |

Mix cream cheese and sugar well, stir into whipped topping. Slice bananas into pie shells. Add half the cream cheese mixture into each pie. Top with the blueberry pie filling. Chill til ready to serve.

Note: This is a fast and easy pie and very tasty.

Anita Fakes

*C*HERRY PIE FILLING

- | | |
|--------------------------------|---------------------------------|
| <i>1 can cherries</i> | <i>3 T. minute tapioca</i> |
| <i>1 tsp. almond flavoring</i> | <i>½ tsp. red food coloring</i> |
| <i>1 C. sugar</i> | <i>2 unbaked pie crusts, 9"</i> |

Mix all ingredients in a bowl & pour into the pie shell. Add 1 tsp. butter to top of ingredients in pie shell. Put top pie crust on. Prick holes in top pie crust to let steam escape. Now sprinkle a little sugar on top crust & bake at 350° for 1 hour or until crust is golden brown. Cover all the outer edges of crust with foil & secure with toothpicks. Do this before putting in oven & take off the last 15 minutes of baking. This will prevent the edges from getting done before the middle. This recipe makes 1 double crust pie.

Geanetta Renner

*C*HOCOLATE PEANUT BUTTER PIE

- | | |
|--|--|
| <i>1 chocolate graham pie crust (preferred)</i> | <i>1 - 18 oz. jar ice cream fudge topping, slightly heated</i> |
| <i>1½ pints vanilla ice cream, slightly softened</i> | <i>1 - 8 oz. container whipped topping, thawed</i> |
| <i>2 C. creamy peanut butter</i> | |

Mix ice cream & peanut butter on low speed for 1 minute. Pour into pie crust & freeze until firm, about 3 hours. Pour slightly heated ice cream topping evenly over frozen ice cream mixture. Return to freezer. When firm, top with whipped topping. Keep refrigerated.

Larry E Sorensen

CREAMY COCONUT PIE

1 T. sugar
½ C. milk
4 oz. cream cheese
1 ½ C. coconut

1 - 8 oz. container whipped
topping
½ tsp. almond extract
1 - 9" graham cracker pie crust

Beat sugar and milk into the cream cheese until smooth. Add coconut and extract. Fold in whipped topping. Spoon into crust. Let set about 4 hours until very firm. Let stand at room temperature about 15 minutes before serving. Garnish with toasted coconut.

Larry E Sorensen

DOUBLE LAYER PUMPKIN PIE

4 oz. cream cheese
1 Tbs. milk
1 Tbs. sugar
1 small tub Cool Whip, divided
1 graham cracker pie crust
1 cup milk

1 (15 oz.) can pumpkin
1 tsp. cinnamon
¼ tsp. cinnamon
¼ tsp. pumpkin pie spice
2 pkg. (4 oz.) vanilla instant
pudding

Mix cream cheese, milk and sugar in a large bowl. Whisk until well blended. Stir in ½ of Cool Whip. Spread into bottom of pie crust. Pour milk into large bowl. Add pumpkin, pudding and spices. Beat for 2 minutes. Spread over cream cheese layer. Refrigerate 4 hours or until set. Top with remaining Cool Whip.

Nikki Stahl

FRESH STRAWBERRY PIE

2 pints fresh strawberries
2 Tbs strawberry jello
1 cup water
3 Tbs cornstarch

¾ cup sugar
3 drops red food coloring
Baked Pie Shell
Whipped Cream

Slice ½ of strawberries in bottom of baked pie crust. Combine jello, cornstarch and sugar in small saucepan. Add water. Cook until clear. Add food coloring. Cool about 15 minutes. Spoon over strawberries. Place rest of whole strawberries on top. Cool. Garnish with whipped cream if desired.

Pat Phillips

FRUIT PIE

Small can crushed pineapple
¾ cup sugar
1 Tbs cornstarch
3 oz pkg. Orange Jello

1 cup sour cherries, drained
3 bananas, sliced
Baked pie shell
Whipped topping

Cook sugar, cornstarch and pineapple until clear and thick. Remove from heat; add jello, cherries and nuts. Let cool. Add sliced bananas. Pour into pie shell. Top with whipped topping.

Norma Hartung

GOLDEN PEACH PIE ❀

3 cups frozen or fresh peaches
1 cup peach juice
1½ Tbs brown sugar
1½ Tbs white sugar

2½ tsp tapioca
1½ tsp corn starch
⅛ tsp cinnamon
1 Tbs lemon juice

Mix peaches, peach juice, sugars, tapioca, cornstarch, and cinnamon together and boil until thick and then mix in the lemon juice. Pour the peach filling into an unbaked pie shell. Top with rolled out pie dough and seal the edges. Sprinkle with a little sugar. Bake at 425° for 30 minutes.

Anita Fakes

Mark 9:50 - "Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt in yourselves, and be at peace with each other."

*R*ATHY'S KEY LIME PIE

PIE

- | | |
|--|---------------------------------|
| 3 Tbs. lemon jello | 1 (8 oz.) tub of Cool Whip |
| 3 Tbs. lemon instant Pudding mix | 1 - 9 inch graham cracker crust |
| ½ cup Key Lime juice or Rose' Lime Juice | Cool Whip for top |
| 3 ½ oz. Eagle Brand Sweetened Condensed milk | |

Mix lemon jello, pudding mix and lime juice until smooth. Add condensed milk and mix well. Gently fold in Cool Whip. Pour into graham cracker crust. Chill for 2 hours. Top with Cool Whip or whipped cream.

WHIPPED CREAM

- | | |
|-----------------------------|----------------|
| 2 cups heavy whipping cream | ½ tsp. vanilla |
| 2 Tbs. powdered sugar | |

Whip all ingredients with electric mixer until whipped cream consistency.

Peg Dodge

*L*ITTLE JACK HORNER DEEP-DISH PLUM PIE

- | | |
|--------------------------------------|--------------------------|
| 2 ¼ lb. fresh plums, pitted & sliced | ¼ tsp. salt |
| 1 ¼ C. sugar | 2 T. butter |
| 3 T. tapioca | Pastry for one top crust |
| ¾ tsp. ground allspice | |

Place plums in a 10 x 6 x 2" baking dish. Combine sugar, tapioca, allspice & salt. Sprinkle over plums. Dot with butter. Cover with top pastry cut 2" larger than the dish. Turn under the edge and flute. Cut a single gash in top center to allow steam to escape. Bake in pre-heated oven at 450° for 10 minutes. Reduce heat to 350° & continue baking about 40 minutes or until crust is brown. Serve with ice cream.

Larry E Sorensen

MAPLE WALNUT PIE

1 frozen 9" pie shell
4 eggs, beaten
1 cup dark brown sugar
¾ cup light corn syrup

½ stick butter, melted
1 tsp maple extract
2 cups chopped walnuts

Mix eggs, brown sugar, corn syrup, butter, and maple extract, beating each addition. Put walnuts in pie shell, pour egg mixture over. Bake at 400° for 10 minutes. Reduce heat to 325° and bake another 30-35 minutes, or until set. Cool on rack.

Staci Rice

MOCK APPLE PIE †

16 soda crackers, crumbled
1 tsp. cinnamon
1½ C. water

1½ C. sugar
1½ tsp. cream of tartar
1 T. butter

Line a 9" pie pan with prepared crust. Crumble crackers into the pan. Sprinkle with cinnamon. In a pan bring to boil the water, sugar, cream of tartar & butter. Boil for 1 minute. Pour over crackers. Cover with top crust. Bake at 400° until pie browns. After pie starts to rise punch holes in top crust.

*Larry E Sorensen
Henrietta Sorensen*

MULBERRY & CHERRY PIE †

3 C. fresh mulberries
1 C. seeded fresh red sour cherries
1 T. lemon juice
1½ T. tapioca

2 T. cornstarch
2 C. sugar
Butter

Combine all ingredients. Pour into 9" unbaked pie crust, dot with butter. Cover with top crust. Seal & vent crust. Bake for 45 min. to 1 hour. Let cool before serving.

Note: I picked the mulberries, Anita picked the cherries. She gave me this recipe, I made it & loved it!

*Anita Fakes
Pat Phillips*

*P*EACH SUNBURST PIE

Peeled fresh peach halves (enough to cover bottom of crust) *1 cup sugar*
1 unbaked pie crust, 9" *2 Tbs flour*
½ cup butter (softened) *1 egg, slightly beaten*

Place peach halves, cut side down, in crust. Combine sugar, flour and cream in softened butter. Combine beaten egg with mixture. Pour over peaches. Bake at 350° for 55 minutes.

Note: A drop or two of almond extract, a few grains of salt as well as a bit of nutmeg may be added to this pie.

Peg Dodge

*P*EANUT BUTTER PIE

8 oz. container of Cool Whip *1 cup confectioner's sugar*
¼ cup sugar *1 graham cracker crust- store-bought or pre-made*
8 oz cream cheese
1 cup crunchy peanut butter

Mix the Cool Whip with the ¼ cup sugar. Mix all other ingredients until smooth. Fold in the Cool Whip until well blended. Pour mixture into graham cracker crust and chill for several hours before serving.

Nancy Trieb

*P*IE CRUST

2¼ cup flour *⅓ cup Crisco oil*
1 tsp salt *¼ cup cold water*
1 Tbs sugar

Mix all ingredients. Divide in half. Roll out between 2 sheets of wax paper. Makes 2 crusts.

Mary Ann Swepton

*P*IE FILLING FOR A CREAM PIE

4 T. flour	6 T. sugar
2 eggs, save whites for meringue	2 C. milk
1 tsp. vanilla	¼ tsp. salt

Mix dry ingredients together in bowl. In a sauce pan heat 1 ¼ C. milk. Add ¼ C. milk into dry ingredients. Pour this mixture into warm milk, stir with whisk until it thickens. Then take off heat and stir in the vanilla. Pour into cooked pie shell or use for cream puffs. If making coconut cream pie add ¼ C. coconut to liquid mixture while stirring on the stove before mixture thickens.

Geanella Renner

*R*HUBARB CREAM PIE

2½ C. diced rhubarb	1 T. lemon juice
1 tsp. salt	½ C. light cream
2 T. butter	1¼ C. sugar
2 eggs yolks, beaten	pie shell
2½ T. cornstarch	

Combine rhubarb, butter & 1 C. sugar. Cook on low until tender. Combine ¼ C. sugar & cornstarch. Stir in egg yolk, cream & lemon juice. Add to rhubarb mixture, cook & stir till thick. Pour into pie shell. Bake at 350° for 15 min. Top with a Meringue or whipped topping.

Larry E Sorensen

Teach thy tongue to say "I do not know" and thou shalt progress.

- Maimonides

SHEET APPLE PIE †

CRUST

2½ cup flour
1¼ cup Crisco
¾ cup cold water

3 Tbs sugar
1 tsp salt

Mix flour, Crisco, salt, and sugar until crumbly. Add the cold water. Mix well. Roll ½ of dough and put into a jelly roll pan.

FILLING

8 cups apples
1 cup sugar
¼ cup flour

1 tsp cinnamon
nutmeg

Mix together the apples, sugar, flour, cinnamon and a little nutmeg. Put filling into pan and spread evenly over dough. Roll out remaining dough and put on top of apples. Make a sugar and butter mixture and sprinkle on top. Bake 20 minutes in a 400° oven and 20 more minutes in a 350° oven.

Anita Fakes
Norma Hartung

1 Peter 2:2-3 - Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.

*S*OUR CREAM RAISIN PIE †

<i>1 cup raisins</i>	<i>2 Tbs cornstarch</i>
<i>3 egg yolks (beaten)</i>	<i>2 Tbs water</i>
<i>1 cup thick sour cream</i>	<i>3 egg whites</i>
<i>pinch of salt</i>	<i>1/8 tsp cream of tartar</i>
<i>1 tsp vanilla</i>	<i>6 Tbs sugar</i>
<i>2/3 cup sugar</i>	<i>1 baked pie shell, 9"</i>

Cook for 3 minutes 1 cup raisins in just enough water to cover them. Do not drain. Let cool. Beat egg yolks, add sour cream salt and vanilla. Dissolve cornstarch in the water and add to the other ingredients. Place in top of double boiler and cook until thick. Stir constantly. Stir in raisins when thick and cooled. Pour into a baked pie shell. Beat egg whites until foamy then add 1/8 tsp cream of tartar and add 1 Tbs sugar at a time and beat egg whites until stiff. Top with meringue and bake until lightly brown.

Note: Several of Anita's brothers often requested that she make them this pie. It was one of their favorites.

Anita Fakes
Norma Hartung

*S*TRAWBERRY PIE †

<i>1 cup + 2 Tbs. sugar</i>	<i>2 Tbs. + 2 tsp. strawberry jello</i>
<i>1 cup water</i>	<i>1 tsp. red food coloring</i>
<i>1/8 tsp. salt</i>	<i>1 qt. fresh strawberries</i>
<i>2 1/2 Tbs. cornstarch</i>	<i>1 baked pie shell, 9"</i>
<i>2 1/2 Tbs. water</i>	<i>whipped topping</i>

Dissolve sugar in 1 cup water. Bring to a boil. Mix cornstarch in 2 1/2 Tbs water. Then stir into the boiling mixture, until clear. Stir jello and food color into hot mixture. Mix thoroughly. Let this mixture cool until lukewarm. Add sliced strawberries. Pour into baked pie shell. Place pie in refrigerator for a few hours. Before serving top with whipped topping and garnish with several strawberries.

Note: This was one of Anita's favorite ways to use fresh strawberries. It is delicious.

Anita Fakes
Norma Hartung

*S*WEET POTATO PIE

*1 cup mashed sweet potatoes
cooked or canned
1/3 cup brown sugar
3/4 tsp cinnamon
3/4 tsp ginger*

*dash salt
3/4 cup scalded milk
2 eggs well beaten
1 unbaked pie shell, 9"*

Combine sweet potatoes, brown sugar, cinnamon, ginger, salt, milk, & egg. If using fresh sweet potatoes, add 1/3 cup sugar. Bring to a boil. Remove from heat. Let filling cool. After sweet potato mixture is cool, fill pie shell. Bake at 375 degrees for 20 min. or until set.

Betty McConnell

*S*WEET POTATO PIE

*3 Tbs all purpose flour
1 2/3 cup sugar
1 cup mashed sweet potatoes
1/4 cup light corn syrup
1/4 tsp ground nutmeg*

*Pinch of salt
1/2 cup butter
3/4 cup evaporated milk
1 9" unbaked pie shell*

In large mixing bowl, combine flour and sugar. Add potatoes, eggs, corn syrup, nutmeg, salt, butter, and evaporated milk, beat well. Pour into pastry shell. Bake at 350° for 55 to 60 minutes. Yields: 8 servings.

Note: I even like this better than pumpkin pie.

Pat Phillips

Proverbs 15:15 - All the days of the oppressed are wretched, but the cheerful heart has a continual feast.

WALNUT CRUNCH PUMPKIN PIE

1 9" deep dish pie shell, unbaked	$\frac{3}{4}$ cup sugar
1 $\frac{1}{4}$ cup chopped walnuts	2 large eggs
$\frac{3}{4}$ cup brown sugar	1 $\frac{1}{2}$ tsp. pumpkin pie spice
1 (15 oz.) can pumpkin	$\frac{1}{4}$ tsp. salt
1 (12 oz.) can evaporated milk	3 Tbs. butter

Preheat oven to 425°. Combine walnuts and brown sugar in small bowl. Place $\frac{3}{4}$ cup of nut-sugar mixture in bottom of pie shell. Combine pumpkin, evaporated milk, sugar, eggs, pumpkin pie spice, and salt in medium bowl; mix well. Pour batter over nuts. Bake for 15 minutes. Reduce temperature to 350°, bake for 40-50 minutes until toothpick inserted in center comes out clean. Cool. Combine butter and remaining nut-sugar mixture; stir until moistened. Sprinkle over pie. Broil about 5 inches away from heat for 2-3 minutes or until bubbly.

Staci Rice

COOKIES

ALMOND ANGEL MACAROONS

1 pkg. angel food cake mix	$\frac{3}{4}$ cup slivered almonds, coarsely chopped (optional)
$\frac{1}{2}$ cup cold water	
1 tsp. almond extract	$\frac{1}{2}$ cup miniature semi-sweet chocolate chips (optional)
1 pkg. (14 oz.) sweetened flaked coconut	

In bowl, stir cake mix, water, and almond extract just until moistened. Add half of the coconut, mixing just until blended. Add remaining coconut, stir till blended. Stir in chocolate morsels. If desired. Using a small scoop, drop level scoops of coconut mixture, 2 inches apart, onto parchment. Press almonds into tops. Bake 20-24 minutes in a 325° oven, or till tops are golden. Cool 2 minutes on pan; remove cookies to cooling rack. Cool completely. Store cookies in tightly covered container. Yield: 4 dozen.

Norma Hartung

*B*OILED COOKIES

2 C. sugar

4 T. cocoa

½ cup milk

1 stick margarine or butter

1 T. vanilla

½ C. peanut butter

½ C. chopped nuts

3 C. quick oats

Mix first 4 ingredients, bring to a boil over medium heat. Boil for 1 minute. Add remaining ingredients and mix well. Drop by tsp. on wax paper or spread in lightly greased pan and when cooled cut in squares.

Marj Sewing

*C*AKE MIX COOKIES

1 box cake mix (any flavor)

2 eggs

½ cup oil

1 cup coconut (optional)

1 cup nuts (optional)

1 cup chocolate chips (optional)

1 cup raisins (optional)

Mix cake mix, eggs, and oil. Mixture will be thick. Add any or a combination of the optional ingredients depending on the type of cake mix used. Drop by spoonfuls on cookie sheet. Bake for 10 minutes in a 350° oven.

Norma Hartung

Psalm 34:8 - Taste and see that the Lord is good; blessed is the man who takes refuge in him.

CHOCO-CHIP OATMEAL COOKIES

- | | |
|---|--|
| <i>1 ¼ cups margarine or butter,
softened</i> | <i>1 tsp baking soda</i> |
| <i>¾ cup firmly packed brown sugar</i> | <i>1 tsp salt</i> |
| <i>½ cup granulated sugar</i> | <i>3 cups quick or old fashioned
Quaker Oats, uncooked</i> |
| <i>1 egg</i> | <i>1 (12 oz) pkg Semi-sweet
chocolate chips</i> |
| <i>1 tsp vanilla</i> | <i>¾ cup chopped nuts</i> |
| <i>1 ½ cups all-purpose flour</i> | |

Heat oven to 375°. Beat together margarine and sugars until light and fluffy. Beat in egg and vanilla. Gradually add combined flour, soda and salt, mixing until thoroughly blended. Stir in oats, chocolate chips, and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 9 to 11 minutes. Cool 1 minute on cookie sheet; remove to wire cooling rack and store in tightly covered container. Makes 6 dozen cookies.

Note: I sometimes pour into a greased rectangle cake pan and bake 20-30 minutes. These make into nice pan or bar cookies.

Betsy Ledin

Proverbs 22:9 - A generous man will himself be blessed, for he shares his food with the poor.

CHOCOLATE MOUNTAIN COOKIES

COOKIES

Prepare 24 Lg. marshmallows cut in half

Sift together:

1 ¾ C. all purpose flour

1 C. sugar

½ C. cocoa

½ tsp. baking soda

½ tsp. salt

Add:

½ C. soft shortening

½ C. evaporated milk

2 T. water

1 egg

1 tsp. vanilla

½ C. chopped nuts

Beat together with mixer at low speed for three minutes. With 2 teaspoons drop the mixture onto greased baking sheet about 2 inches apart. Bake for about 10 minutes at 350°. Cookies will be slightly soft in the center. Remove from oven and quickly place the halved marshmallows on top of cookie cut side down. Let cool. Spoon chocolate frosting over each cookie. Makes 4 dozen.

FROSTING

6 oz. pkg Semi-sweet chocolate pieces

½ C. evaporated milk

2 ½ C. powdered sugar

In heavy sauce pan melt chocolate with milk, stirring often. Remove from heat and stir in powdered sugar until smooth. Enough to frost two 8-inch layers, a 9 inch sq. cake, or 24 cup cakes. If too thick add a few drops of milk.

Larry E Sorensen

CHRISTMAS REFRIGERATOR COOKIES

1 lb. margarine or butter

2 ½ C. sugar

5 C. flour

3 eggs

1 T. salt

1 T. white syrup

1 T. baking soda

2 C. nuts (your choice)

16 oz. mixed candied fruit

Mix one cup flour with the fruit. Mix all ingredients together. Chill for 1-2 hrs. Make into rolls, then chill again. Slice ¼ inch cookies. Bake at 400° for 8-10 minutes. For convenience pack dough in empty juice cans or fruit cans and freeze. To use cut the remaining end off can and push through for a nice round cookie.

Marvel Huskinson

CHUNKY CHOCOLATE CHIP PEANUT BUTTER COOKIES

1 1/4 cup all purpose flour
1/2 tsp baking soda
1/2 tsp ground cinnamon
1/2 tsp salt
3/4 cup butter or margarine,
softened
1/2 cup packed brown sugar

1/2 cup granulated sugar
1/2 cup creamy peanut butter
1 egg
1 tsp vanilla extract
2 cups semi sweet Chocolate chips
1/2 cup coarsely chopped peanuts

Combine flour, baking soda, cinnamon, and salt in small bowl. Beat butter, brown sugar, granulated sugar, and peanut butter in a large mixer bowl until creamy. Beat in egg and vanilla. Gradually beat in flour mixture. Stir in chocolate chips and peanuts. Drop by rounded Tbs onto ungreased baking sheets. Press down slightly to flatten into 2" circles. Bake in preheated 375° oven for 7-10 minutes or until edges are set but centers are still soft. Let stand for 4 minutes; remove to wire racks to cool completely.

Betsy Ledin

CRUNCHY PEANUT BUTTER COOKIES

2 Tbs butter
20 large marshmallows, about 2
cups
1/2 cup creamy peanut butter
1 Tbs milk

3 cups toasted rice cereal, such as
Special K
Rainbow jimmies or sprinkles,
optional

Line baking sheet with wax paper. In large pot, melt butter over medium heat. All marshmallows; cook, stirring often, until melted, 5 minutes. Stir in peanut butter and milk until smooth and blended. Remove from heat; stir in cereal. Drop by heaping tablespoonfuls onto wax paper. With another spoon, flatten cookie slightly. If desired, sprinkle with jimmies.

Note: To prevent these yummy, chewy treats from sticking to the spoon as you shape them, coat the spoon with cooking spray. These are No-Bake Cookies.

Betsy Ledin

FUDGE COOKIES ☺

1 package devil's food cake mix
2 eggs

½ cup oil
1 cup semi-sweet chocolate chips

Mix cake mix, eggs and oil. Stir in chocolate chips. Mixture will be stiff. Shape dough into small balls. Place 2 inches apart on cookie sheet and bake at 350* for 10 to 12 minutes.

Nancy Prieb

GINGERSNAPS †

1 cup sugar
¾ cup shortening
¼ cup dark molasses
1 egg
2 ¼ cups all-purpose flour

1 ½ tsp baking soda
1 Tbs ground ginger
1 tsp ground cinnamon
¼ tsp salt
sugar

Mix 1 cup sugar, the shortening, molasses and egg. Stir in flour, soda, ginger, cinnamon, and salt. Cover and refrigerate at least 1 hour. Heat oven to 375°. Shape dough by rounded teaspoonfuls into balls; dip tops in sugar. Place balls, sugared sides up, about 3 inches apart on lightly greased cookie sheet. Bake until edges are set (centers will be soft), 10-12 minutes. Immediately remove from cookie sheet. About 4 dozen.

*Mrs. John (Barbara) Griffith
Norma Greever*

Proverbs 25:21 - If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink.

HONEY DROPS †

1 cup packed brown sugar
½ cup margarine or butter,
softened
½ cup shortening
½ cup honey

2 eggs
1 tsp vanilla
3 ½ cups all-purpose flour
2 tsp baking soda
Apricot jam

Heat oven to 350°. Mix brown sugar, margarine, shortening, honey, eggs, and vanilla. Stir in flour and baking soda. Shape dough into 1 ¼" balls. Place on ungreased cookie sheet. Bake until almost no indentation remains when touched, about 11 minutes; cool. Put cookies together in pairs with jam. About 2 dozen.

Mrs. Josin (Barbara) Griffith
Norma Greever

ICE BOX COOKIES

1 cup brown sugar
1 cup sugar
1 cup shortening
2 eggs
1 tsp vanilla

1 ½ cup flour
1 tsp salt
1 tsp soda
3 cups quick oats
1 cup nuts (optional)

Cream sugars and shortening. Add eggs and vanilla and mix. Sift flour, salt, and soda. Combine with the creamed mixture. After flour has been well mixed in add the oats and nuts. Mix. Form in balls on wax paper. Chill the balls. Bake at 350° for 10 minutes.

Nancy Prieb

To climb steep hills requires slow pace at first.
- William Shakespeare

*J*UST DELICIOUS COOKIES

1 cup white sugar	3½ cup flour
1 cup brown sugar	1 tsp cream of tartar
1 cup margarine or 1 cup oil	1 tsp salt
1 egg	1 tsp soda
2 tsp vanilla	1 cup rice krispies
½ tsp black walnut flavoring	1 cup chopped pecans
½ tsp coconut flavoring	1 cup oatmeal
½ tsp butter flavoring	1 cup coconut
1 tsp burnt sugar flavoring	

Mix all ingredients together. Drop cookies on cookie sheet. Flatten with a fork. Bake 15 minutes in a 350° oven. Makes about 100 cookies.

Note: As the recipe name says these cookies are "just delicious".

Norma Hartung

*R*EEBLER'S GRAHAM CRACKER COOKIES ☺

1 cup butter (or half butter and oleo)	2 packs graham crackers
½ cup sugar	1 cup walnut or pecan chips

Melt butter and add sugar. Boil 2 minutes. Pour over graham crackers laid out on cookie sheets. Sprinkle with nuts. Bake at 325° for 10 to 12 minutes. Watch closely. Remove from pan to waxed paper while still warm. Store in tight container.

Peg Dodge

*M*ERRY MAKER COOKIES †

1½ C. powdered sugar	2½ C. flour
1 C. butter	1 tsp. soda
1 egg	1 tsp. cream of tartar
1½ tsp. vanilla	

Mix sugar & butter. Add egg & vanilla. Mix thoroughly. Mix flour, soda & cream of tartar. Blend into sugar, butter & egg mixture. Refrigerate 2-3 hours or overnight. Roll dough to ⅛" thickness & cut with fancy cookie cutters. Can be frosted or decorated with colored sugars.

Remona Phillips
Pat Phillips

OATMEAL COOKIES

- | | |
|--|---|
| <i>1 1/4 cups flour</i> | <i>1 pkg. (4 serving size) Jell-O</i> |
| <i>1 tsp. baking soda</i> | <i>Brand Vanilla Flavor, instant</i> |
| <i>1 cup butter or margarine,</i> | <i>pudding</i> |
| <i>softened</i> | <i>2 eggs</i> |
| <i>1/4 cup sugar</i> | <i>3 1/2 cups quick-cooking rolled oats</i> |
| <i>1/4 cup firmly packed light brown</i> | <i>1 cup raisins (optional)</i> |
| <i>sugar</i> | |

Mix flour with soda. Combine butter, the sugars and pudding mix in large mixer bowl, beat until smooth and creamy. Beat in eggs. Gradually add flour mixture; then stir in oats and raisins. (Batter will be stiff.) Drop by rounded measuring teaspoonfuls onto ungreased baking sheets, about 2" apart. Bake at 375° for 10-12 min. Bakes about 5 doz.

Betsy Ledin

QUICK AND EASY COOKIES

- | | |
|---|-------------------------------------|
| <i>1 small box of instant pudding</i> | <i>1/4 cup melted shortening or</i> |
| <i>1 egg</i> | <i>cooking oil</i> |
| <i>3/4 cup biscuit mix (like Bisquik)</i> | |

Mix all ingredients. Bake at 350° for 10 minutes. Makes 2 dozen cookies.

Note: Variations of pudding and mixtures: Vanilla with chocolate chips, coconut cream, pistachio, or lemon. Your choice on flavor of pudding. If adding chips, add to your liking.

Donna Stewart

QUICK COOKIES

- | | |
|--|-----------------------|
| <i>1 pudding cake mix (any flavor)</i> | <i>1 egg, beaten</i> |
| <i>8 oz. container of Cool Whip</i> | <i>powdered sugar</i> |

Combine cake mix, cool whip and egg. Drop by spoonfuls into powdered sugar. Place on greased cookie sheet. Bake at 350° for 8-10 minutes.

Cathy Ulrey

*R*ACHAEL'S SUGAR COOKIES

1 cup butter
1 cup sugar
1 cup powdered sugar
1 cup vegetable oil
2 eggs

1 tsp vanilla
4 cups flour
1 tsp baking soda
1 tsp cream of tartar
½ tsp salt

Cream butter, the sugars, oil, eggs and vanilla. Mix dry ingredients and add to the creamed mixture, mixing well after each addition. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake 9-10 minutes at 350°.

Note: My mom always had these cookies in her cookie jar. This recipe makes 8 to 9 dozen cookies.

Becky Hartman

*S*UGAR COOKIES

2 cups sugar
1 cup margarine
2 eggs, beaten
½ cup milk

6 cups flour
4 tsp baking powder
1 tsp vanilla

Mix all ingredients and refrigerate overnight. Roll out and cut with cookie cutters. Bake at 350°. Frost with powdered sugar icing. You can double recipe, if desired.

Mary Ann Sweptston

*S*UPER SWEET CHOCOLATE CHIP COOKIES

¾ cup granulated sugar
¾ cup packed brown sugar
1 tsp baking soda
1 tsp salt

1 cup butter or margarine softened
2¼ cup flour
1½ bags of jumbo semi-sweet
chocolate chips

Heat oven to 375°. In large bowl mix sugars, butter, and egg. Stir in flour, soda, and salt (dough will be stiff). Stir in chocolate chips. On ungreased cookie sheets, drop dough by rounded tablespoons about 2 inches apart. Bake 8-10 minutes or until light brown. (Center of cookies will be soft) cool slightly; remove from cookie sheet to cookie racks. Makes 4 dozen.

Lauren Huffman

*T*HUMBPRINT COOKIES †

*¼ cup packed brown sugar
¼ cup margarine or butter,
softened
¼ cup shortening
1 egg, separated
½ tsp vanilla*

*1 cup all-purpose or whole wheat
flour
¼ tsp salt
¾ cup finely chopped nuts
jelly*

Heat oven to 350°. Mix brown sugar, margarine, shortening, egg yolk and vanilla. Stir in flour and salt. Shape dough into 1-inch balls. Beat egg white slightly. Dip balls into egg white; roll in nuts. Place about 1 inch apart on ungreased cookie sheet; press thumb deeply in center of each. Bake until light brown, about 10 minutes. Immediately remove from cookie sheet; cool. Fill thumbprints with jelly. Makes about 3 dozen.

*Mrs. John (Barbara) Griffith
Norma Greever*

T'S FINGER COOKIES ☺

*Soda crackers (enough to make a
single layer on the bottom of a
jelly roll
2 sticks margarine
1 cup sugar*

*1 tsp vanilla
12 ounce package of chocolate
chips
½ cup chopped nuts*

Line jelly roll pan with foil and grease with butter. Lay a single layer of soda crackers over foil. Melt sticks of margarine. Add sugar; stir till sugar is dissolved. Cook over medium heat till syrupy. (should be light brown color.) Add vanilla and pour over soda crackers. Bake five minutes in a 350* oven. After removing from oven, sprinkle chocolate chips over crackers and caramel layer, smoothing evenly. Sprinkle with chopped nuts. Refrigerate 1 hour before serving.

Norma Hartung

CANDIES

BANANA FUDGE

3 ½ C. sugar
½ tsp salt
1 C. light cream
¾ C. margarine

3 T. light corn syrup
1 C. ripe mashed bananas
1 T. vanilla
½ C. nuts - chopped

In a heavy 2 ½ qt. sauce pan turn the sugar, salt, cream, butter, corn syrup and bananas over moderate heat, stirring constantly. Bring to a boil. Over low heat, continue boiling until mixture reaches 238° or a tsp. of it dropped into a cup of very cold water forms a very soft ball. Cool, without stirring, until warm. Add vanilla and nuts and beat until candy becomes thick. Turn into buttered glass cake pan. When firm, cut into 1 inch squares.

Teresa A. Sorensen

CHRISTMAS HOLLY

30 lg. marshmallows
½ C. margarine or butter

3 ½ C. corn flakes
1 tsp. green food coloring

Melt marshmallows and margarine over low heat. Add food coloring to make the mixture a pretty Christmas green. Add the corn flakes and mix until well coated. Drop by spoonfuls on waxed paper and place 3 red dots on each to make look like holly.

Larry E Sorensen

The noblest search is the search for excellence.

- Lyndon B. Johnson

CORN POPS *P*

COATING

1 stick butter (melted) *½ tsp soda*
1 cup brown sugar *½ tsp salt*
¼ cup white syrup

Place butter, brown sugar, and syrup in a microwaveable bowl. Microwave for 3½ minutes. Stir in ½ tsp soda and ½ tsp salt.

POPS

brown paper bag *1 bag corn pops (cereal)*

Place 1 bag of corn pops in large brown paper bag. Pour syrup over corn pops and shake. Microwave 1½ minutes. Shake again and microwave another 1½ minutes. Shake and microwave 1 more minute. Store in airtight container.

Note: An easy candy to make for the holidays and is very tasty.

Norma Hartung

CRACKER CANDY

2 sleeves of Ritz crackers *½ C. chopped pecans*
1 C. light brown sugar *white chocolate (optional)*
1 C. unsalted butter

Place crackers on lightly buttered 15 x 10 pan. Bake 350° for 5 minutes. (Crackers will need to be stacked) Cook sugar & butter until boiling, then cook for an additional 3 minutes STIRRING CONSTANTLY. Pour over crackers. Bake again at 350° for 9 minutes. Break a Hershey bar into small pieces and sprinkle over top of crackers allowing the chocolate to melt. Sprinkle with chopped pecans. Melt some white chocolate in microwave and drizzle crackers. Break into serving size when cool.

Pat Phillips

ENGLISH TOFFEE †

1 cup sugar
½ lb. butter
3 Tbs. water

1 tsp. vanilla
¾ cup English walnuts, chopped
3 small Hershey bars

Place sugar, butter, water, and vanilla in a heavy pan and cook until brown, stirring constantly. Pour onto buttered cookie sheet. Lay Hershey bars and nuts across hot mass and spread. Cool and break into pieces.

*Beverly Kolb Wilder
Goldie Kolb*

FAITH'S WEDDING MINTS †

8 oz. cream cheese
2 lb. powdered

1 - 2 drops flavoring oil
Coloring (your choice)

Mix together with hands till like pie dough. Roll into small balls & dip in granulated sugar. Press into a mold & remove at once. Store in covered containers & refrigerate.

*Nora Schlatter
Pat Phillips*

MICROWAVE CARAMEL CORN

1 cup brown sugar
¼ cup white corn syrup
1 stick margarine or butter
¼ tsp soda

¼ tsp salt
1 cup salted peanuts (optional)
2 bags microwave popcorn
1 large brown paper sack

Microwave popcorn 3 minutes for each bag. Place popcorn and nuts in brown paper sack. In a microwave safe bowl put sugar, margarine, and syrup. Microwave sugar mixture 3 minutes and stir. Microwave sugar mixture 2 more minutes. Remove bowl from microwave, add soda and salt. Pour sugar mixture over popcorn in bag and stir. Microwave mixture in brown bag 1 ½ minutes and shake. Microwave 1 ½ minutes and spread on buttered cookie sheet.

Norma Hartung

*P*EANUT BUTTER BALLS

<i>½ cup margarine (1 stick)</i>	<i>6 oz. pkg. semi-sweet chocolate chips</i>
<i>2 cups peanut butter</i>	<i>½ cake paraffin</i>
<i>1 lb. powdered sugar</i>	
<i>3 cups rice krispies</i>	
<i>8 oz. bar milk chocolate-(Baker or Hershey)</i>	

Blend margarine, peanut butter and powdered sugar. Mix in Rice Krispies. Roll into $\frac{3}{4}$ inch balls. Set aside. Melt chips, chocolate bar and paraffin in double boiler, when melted; turn fire low. Dip balls in mixture and set on wax paper to dry. Yield: 8 dozen balls.

Note: Very tasty.

Norma Hartung

*P*EANUT BRITTLE

<i>1 cup light corn syrup</i>	<i>¼ tsp salt</i>
<i>1 cup sugar</i>	<i>1 tsp baking soda</i>
<i>1 Tbs butter</i>	<i>2 cup raw unroasted peanuts</i>

Put syrup, sugar, butter, and salt in saucepan on medium heat. Stir until sugar is dissolved. Add peanuts and cook, stirring 15 minutes or until peanuts are a light golden brown. Remove from heat and stir in baking soda (mixture will foam up). Spread quickly over well greased baking sheet. When cool, break into pieces. Yields about 1½ lbs. VERY GOOD.

Mrs. Wayne (Ronnie) Buskirk

We know what we are, but not what we may be.
- William Shakespeare

PEANUT BRITTLE

2 C. white sugar

1 C. light corn syrup

1 C. water

2 C. raw nuts

¼ tsp. salt

2 T. butter

2 tsp. soda

Combine sugar, syrup, salt & water. Cook slowly on low heat, stirring constantly until sugar is dissolved. Soft ball stage (238°). Using a wooden spoon, lift spoon a few inches above pan. If candy strings without breaking it is ready for the nuts. Add peanuts, continuing to cook slowly to peanut brittle stage (290°). It will turn a very pale brown. Undercooking will make chewy candy. Over cooking will have a burnt taste. Melt butter & add soda. Stir well. Remove peanut brittle from heat. Stir in the butter & soda. (Peanut brittle will foam-up) Continue stirring until well blended. Pour onto 2 non-stick cookie sheets & spread to desired thickness. Cool completely; 3 to 4 hours. Break into pieces.

Note: Each year for nearly 50 years, I have made this recipe on birthdays for a few family & friends. Making good peanut brittle can be an art form. It may require several trials to get it just right. A candy thermometer is a very helpful tool. Good luck.

Dorothy Sorensen

Proverbs 31:27 - She watches over the affairs of her household and does not eat the bread of idleness.

*P*EANUT BRITTLE WITH PECO- FLAKE COCONUT †

2 cups sugar
1 cup light corn syrup
1 cup water
2 cups raw peanuts
1 tsp salt

1 Tbs butter
1 tsp soda
1 tsp vanilla
2 cups raw peco flake coconut

Combine sugar, light corn syrup, and water in a heavy pan. Cook and stir until sugar is dissolved. Add raw peanuts and salt. Stir constantly. Cook to 294*, hard crack stage. Add butter, coconut and vanilla. Stir to mix. Lastly add soda, stir. Pour candy on 2 greased cookie pans. Lightly spread out. Let cool. Break candy in pieces. Enjoy.

Note: For many years my father made this recipe for peanut brittle which many people bought from him or he gave a lot away as a gift. The coconut is an optional ingredient, but one Dad always added to the candy to make it different from everyone else. He never had a failure with this recipe. ALWAYS USE A CANDY THERMOMETER.

*Vernon Schmidt
Norma Hartung*

*P*UMPKIN PIE FUDGE

½ cup sugar
¾ cup evaporated milk
½ cup canned pumpkin
2 Tbs. butter or margarine
¼ tsp. salt

1½ tsp. pumpkin pie spice
1 (12 oz.) pkg vanilla baking chips
2 cups miniature marshmallows
⅓ cup chopped nuts (optional)
1¼ tsp. vanilla extract

Lightly grease sides of medium saucepan with butter or margarine. Place sugar, evaporated milk, pumpkin, butter, salt, and pumpkin pie spice in pan. Stir constantly over medium heat. Boil for 12 minutes. Remove from heat. Stir in baking chips and marshmallows until melted. Stir in nuts and vanilla. Line 8" square pan with foil. Grease foil with butter or margarine. Pour in mixture. Chill til set. Cut into small squares. Cover and store in fridge.

Staci Rice

SUGARED PEANUTS †

2 cups raw peanuts
¼ cup water

1 cup sugar
Popcorn salt

Boil together peanuts, water and sugar until all liquid is boiled away. Spread out on cookie sheet, and sprinkle sparingly with popcorn salt. Bake at 300° for 1 hour, stirring every 15 minutes. Cool and store in a tightly-covered container.

Note: Every Christmas my father made several batches of these sugared peanuts which are very tasty. Dad loved peanuts so these always tasted good to him. Although we made these mainly for the Christmas holidays they would be good anytime of the year.

Vernon Schmidt
Norma Hartung

TOFFEE

½ C. chopped pecans
½ C. margarine or butter
¾ C. brown sugar

½ C. semi-sweet chocolate or milk
chocolate pieces
Candy thermometer

Butter a 9 inch square baking dish and spread the pecans evenly. Heat sugar and butter to boiling in a small saucepan, STIRRING CONSTANTLY. Continue boiling and stirring until temperature reaches 295° on candy thermometer. Immediately spread mixture evenly over pecans in dish. Sprinkle chocolate pieces over hot mixture; place baking sheet over dish so contained heat will melt the chocolate pieces. With a butter knife, spread and swirl chocolate over the candy top. Wait until slightly warm then cut into squares. Chill until firm.

Larry E Sorensen

The important thing is not to stop questioning.
- Albert Einstein

BROWNIES & SQUARES

BROWNIE FLAGS

- | | |
|---|--|
| <i>1 pkg. dark chocolate fudge cake mix</i> | <i>8 cherry Twizzlers (Pull 'n Peel candy)</i> |
| <i>3 eggs</i> | <i>¼ cup white ready-to-use rolled fondant</i> |
| <i>2 cans whipped fluffy white frosting</i> | <i>white edible glitter</i> |
| <i>1 can cherry pie filling</i> | <i>128 blueberries (about 1 ¼ cups)</i> |

Preheat oven to 350°. Line 9 x 13" pan with enough foil to overhang sides by 2", coat with cooking spray. On medium high speed, combine cake mix, eggs, and 1 cup water; beat until light and fluffy, about 2 minutes. Stir in pie filling. Spread in pan. Bake 35 minutes or until pick inserted into center comes out with moist crumbs clinging. Cool 20 minutes. Using foil overhang lift cake to rack; cool. Spread cake mix with 2 ¼ cups frosting; refrigerate until just set, 30 minutes. Cut candy in half lengthwise. Cut cross wise into 32 (3 ¼" long) pieces and 16 (1 ½" long) pieces. On wax paper, roll out fondant to ⅛" thickness; sprinkle with glitter; gently roll to adhere to fondant. Using 1 ¼" and ¾" cutters cut out stars. Cut cake into 16 (3 ¼" x 2") rectangles in one corner of each piece arrange 8 blueberries in 2 rows of 4. For stripes arrange 2 long and 1 short candy pieces on cake. transfer remaining frost to pastry bag fitted with small star stripes in between candy. Attach stars to blueberries.

Betsy Ledin

BROWNIES

- | | |
|--------------------------------|--|
| <i>2 eggs, slightly beaten</i> | <i>2 squares melted chocolate (baking)</i> |
| <i>1 cup sugar</i> | <i>¾ cup flour</i> |
| <i>½ tsp salt</i> | <i>1 cup walnuts</i> |
| <i>1 tsp vanilla</i> | |
| <i>½ cup melted shortening</i> | |

Beat 2 eggs slightly. Stir in sugar, salt, and vanilla. Add melted shortening and melted chocolate. Stir in flour and walnuts. Pour into greased and floured 9 x 13" pan for 30 - 35 minutes at 350°.

Shelley Charles

BROWNIES TO DIE FOR

1 (19.8 oz.) package Brownie Mix
1 cup sour cream
1 (16 oz.) container coconut pecan frosting

*1 cup semi-sweet chocolate chips
1 cup chopped pecans

Mix brownie mix according to package directions, omitting $\frac{1}{2}$ of the oil asked for. Stir in sour cream and frosting. Spread into 9 x 13" greased pan. Bake 20 - 30 minutes, or until done. Do not over bake, or they will be too hard. About 5 minutes before done. Remove from oven and sprinkle with chocolate chips and pecans. Bake 5 minutes. Remove from oven and use spatula to spread chips over brownies to frost.

Note: *I use milk chocolate chips.

Shelley Charles

CHOCOLATE CARAMEL SQUARES

1 (14 oz.) bag of caramels
 $\frac{2}{3}$ cup evaporated milk
1 pkg. German Chocolate cake mix

$\frac{1}{2}$ cup melted butter
chocolate chips
chopped walnuts

Melt caramels in $\frac{1}{3}$ cup milk. Keep warm. Combine cake mix, butter, and remaining $\frac{1}{3}$ cup milk. Beat at medium speed for 2 minutes. Spread generous half of batter in 9 x 13" pan. Bake at 350° for 6 minutes. Cool 2 minutes. Spread caramel mixture over baked layer carefully. Spread remaining batter over caramel mixture. Sprinkle on chocolate chips and walnuts. Bake at 350° for 18 minutes. Makes 30-36 bars.

Note: These are really yummy!!

Norma Hartung

Well done is better than well said.

- Benjamin Franklin

CHOCOLATE CHIP PAN COOKIES

2¼ cups unsifted flour
1 tsp baking soda
1 tsp salt
1 cup butter or margarine,
softened

¾ cup sugar
¾ cup firmly packed brown sugar
1 tsp vanilla
2 eggs
1 cup chopped nuts

Preheat oven to 375°. In small bowl, combine flour, baking soda and salt; set aside. In a large bowl, combine butter or margarine, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture. Mix well. Stir in chocolate chips and nuts. Spread into greased 15 by 10 by 1 inch baking pan (jelly roll pan). Bake in 375° oven 20 minutes. Cool and cut into squares. Makes 35 2-inch squares.

Norma Hartung

DISAPPEARING MARSHMALLOW BROWNIES

½ C. butterscotch pieces
¼ C. butter
¾ C. flour
⅓ C. brown sugar
1 tsp. baking powder
¼ tsp. salt

½ tsp. vanilla
1 egg
1 C. miniature marshmallows
1 C. chocolate chips
¼ C. nuts

In a saucepan melt butterscotch & butter over low heat, stirring often. Remove from heat & let cool to lukewarm. Add flour, brown sugar, baking powder, salt, vanilla & egg. Mix well. Combine marshmallows, nuts & chocolate chips, then fold into batter about 5 strokes. Spread in greased 9" sq. pan. Bake at 350° for 20 to 25 minutes. Don't overbake. Center will be jiggly but becomes firm upon cooling.

Larry E Sorensen

*Kites rise highest against the wind – not with it.
- Sir Winston Churchill*

LEMON COCONUT SQUARES

1½ cup flour
½ cup butter
½ cup brown sugar
2 eggs
1 cup brown sugar
2 Tbs flour

½ tsp baking powder
1½ cup coconut
¼ tsp salt
1 cup nuts (chopped)
½ tsp vanilla

Mix first three ingredients (flour, butter, and brown sugar) together. Pat down well in buttered 9 x 13 pan. Bake at 275° for 10 minutes. While crust is baking combine the remaining ingredients. After crust has baked spread this mixture on top of the crust. Return to oven and bake at 350° for additional 20 minutes.

FROSTING

1 cup confectioners sugar
1 Tbs butter

juice of one lemon (3 Tbs)

Combine all ingredients. Spread on bars while still warm.

Nancy Prieb

LEMON CRUMB BARS

1 pkg lemon or yellow cake mix
½ cup margarine, softened
1 egg plus 3 egg yolks
2 cups crushed saltine crackers

1 cup sweetened condensed milk;
(not evaporated milk)
¼ cup lemon juice or lemon juice
from concentrate

Heat oven to 350°. Mix cake mix and 1 egg until crumbly, stir in cracker crumbs. Set aside 2 cups of crumb mixture. Press remaining on bottom of greased 9 x 13 pan. Bake 15-20 minutes until lightly golden. Beat 3 egg yolks, sweetened milk, lemon juice; spread over baked crumbs. Top with reserved crumbs. Bake 25 minutes longer or until lightly golden. Cool and refrigerate 2 hours. Cut into bars, store leftovers in refrigerator. Yield 24-36 bars.

Betsy Ledin

*P*ECAN CREAM CHEESE SQUARES

1 box yellow cake mix
½ cup melted butter (margarine)
3 eggs

1 lb. powdered sugar
8 oz. cream cheese
1 cup chopped pecans

Beat 1 egg and mix with cake mix and butter. Press into a greased 9 x 13 pan. Sprinkle on the nuts. Mix cream cheese, 2 eggs, and powdered sugar together, Spread over the mixture in pan. Bake at 325° for 45 minutes or until light brown. Cool before cutting into 1 x 2" bars.

Note: These are very rich, almost like candy.

Norma Hartung

*P*ECAN PIE SURPRISE BARS

CRUST

Yellow cake mix (reserve ⅓ cup) 1 egg
½ cup melted margarine

Combine yellow cake mix (reserving ⅓ cup), melted margarine, and egg. Press into 9" x 13" cake pan. Bake at 350° for 15-20 minutes.

FILLING

⅔ cup yellow cake mix, 1½ cup corn syrup
½ cup brown sugar 1 tsp vanilla
2 eggs 1 cup pecans

Combine cake mix, brown sugar, eggs, corn syrup, and vanilla. Beat 2 minutes and add pecans. Pour over crust and bake 30-35 minutes. Cool and cut.

Laura Kolb Chadd

Change your thoughts and you change your world.

- Norman Vincent Peale

*R*HUBARB BARS

4 C. rhubarb, diced
1 ½ C. sugar
3 T. corn starch
1 tsp. vanilla
1 ½ C. oatmeal
1 C. brown sugar

½ C. shortening
½ C. margarine or butter
1 ½ C. flour
½ tsp. salt
½ tsp. soda
2 C. coconut

Combine & cook first four ingredients until thick & rhubarb is tender. Set aside. Combine remaining ingredients until crumbly. Pat half into 9 x 13 pan. Spread on rhubarb filling. Top with rest of crust mixture. Bake at 375° for 30 minutes.

Larry 'E Sorensen

LIP-SMACKING INDULGENCES

*A*LMOND CRISPIES

2 sticks butter (not margarine)
1 cup sugar

graham crackers
chopped pecans or almonds

Cook butter and sugar until boiling. Cook two minutes while stirring. Pour over graham crackers that are on a foil lined jelly roll pan. Bake at 350° for 10-12 minutes. Cool and break apart.

Betsy Ledin

*A*PPLE DUMPLINGS

2 large Granny Smith apples
1 stick butter, or less
1 cup sugar, or less
1 tsp cinnamon

2 tsp vanilla
1 can Mountain Dew
2 cans crescent rolls

Grease 9 x 13" pan. Peel and core apples. Slice each apple into eight (8) wedges. Roll each wedge in ½ crescent triangle. Pinch edges to seal. Put into baking pan. Melt butter. Stir in sugar and cinnamon. Add vanilla. Pour over apples. Pour Mountain Dew over all. Bake at 350° for 35-45 min. You can sprinkle a little cinnamon over dumplings before baking.

Mrs. Wayne (Ronnie) Buskirk
Anita Fakes

APPLE RAISIN HASH †

2 T. margarine

4 Lg. apples, shredded

1/3 C. walnuts or pecans

1/3 C. raisins

1/4 tsp. cinnamon

1 tsp. lemon juice

1/4 C. honey

In skillet, melt margarine & stir in the apples; cook 1 or 2 minutes. Add raisins, walnuts, cinnamon, lemon juice & honey. Continue cooking over low heat stirring occasionally for 5 minutes or until apples are tender. Serve.

Remona Phillips

Pat Phillips

...All serious daring starts from within.

- Eudora Welty

*B*AKED ALASKA

2 pts. chocolate ice cream,
softened

2 pts. raspberry sherbet, softened

1 pkg. white or yellow cupcake
mix

6 egg whites, at room temperature

½ tsp. cream of tartar

½ C. sugar

1 square unsweetened chocolate,
grated

½ C. raspberry jam

Early in day: Line 2 quart chilled bowl, measuring about 8 inches across top, with plastic wrap leaving overhang. With back of spoon, spread chocolate ice cream evenly in bowl to form a 1 inch thick shell. Cover & chill in freezer about 40 minutes or until firm. Fill center of chocolate ice cream shell with raspberry sherbet; cover and freeze at least 3 hours or until firm. Meanwhile, preheat oven to 350°. Prepare cupcake mix as label directs but pour batter into greased 9 inch round cake pan. Bake 20-25 minutes until cake springs back when lightly touched with finger. Cool cake; remove from pan. If not using cake to make Baked Alaska the same day, wrap cake and freeze. About 20 minutes before serving: in large bowl with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Beating at high speed, gradually beat in sugar, about 2 T. at a time until sugar is completely dissolved. Whites should stand in stiff-glossy peaks. Preheat oven to 500°. Place cake on chilled heat-safe platter or cookie sheet. In small mixing bowl, mix raspberry jam & grated chocolate. Spread on cake layer. Invert ice cream onto cake layer; peel off plastic wrap. Spread meringue over ice cream & cake. Bake 3 to 4 minutes until meringue is lightly browned. Serve immediately. Keep any leftover Baked Alaska frozen, wrapped in foil or plastic wrap. Makes 16 servings.

Larry 'E Sorensen

*C*ARAMEL CORN

2 cups brown sugar

2 sticks butter

½ cup Karo light syrup

pinch of soda

5-6 quarts popped corn

Mix and bring to a rolling boil brown sugar, butter and syrup. Boil 3 - 5 minutes. Remove from heat and stir in soda. Pour over popcorn and bake one hour at 250°. Stir every 15 minutes. Spread to cool on waxed paper.

Bonnie Baker

CARAMEL CORN †

2 cups brown sugar
2 sticks margarine
½ cup white syrup

1 tsp salt
½ tsp soda
12 cups popped corn

Combine brown sugar, margarine and white syrup. Boil 5 minutes. Stir in soda and salt. Pour over popped corn and stir until corn is well coated. Put in 250° oven. Stir every 15 minutes for 1 hour. Remove from oven. Stir to crystallize.

*Goldie Stokes
Norma Greever*

CHERRY SALAD

1 graham cracker pie shell (or
make your own)
¼ C. sugar
1 can sweetened condensed milk

⅓ C. real lemon
1 - 8 oz. container of whipped
topping
1 small can cherry pie filling

Blend sugar, milk & lemon until smooth. Fold whipped topping into milk mixture until well blended. Spoon into pie crust and chill. Add cherries to top of mixture and chill for one hour. Serve.

Note: Every Christmas and/or Thanksgiving for more than 40 years Dorothy would make "CHERRY STUFF" as we called it. No one knows where the recipe originated & Mom kept it a secret for 20 years. Finally sharing it with me, I kept it to my self for another twenty. Now, all of our kids and grandkids have it. She still makes it every Holiday Season just for us..

*Larry E Sorensen
Dorothy Sorensen*

*Well-timed silence hath more eloquence than speech.
- Martin Tupper*

CREAM PUFFS †

PUFFS

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ tsp salt
$\frac{1}{2}$ cup boiling water	2 eggs, unbeaten
$\frac{1}{2}$ cup sifted all purpose flour	

Add butter to boiling water; Heat until butter melts, add flour and salt, all at once, stirring vigorously. Cook, stirring until mixture leaves sides of pan. Remove from heat; cool 1 minute. Add eggs, unbeaten one at a time, beating with spoon after each addition until smooth. Drop by heaping tablespoonfuls. (It helps if the spoon is wet) 2 inches apart on greased baking sheet, shaping with a wet spoon into rounds which point up in the center. Bake in hot oven of 450° for 10 minutes, then at 400° for 25 minutes. Cool. Cut a slit in one side of each puff.

VANILLA CREAM FILLING

6 Tbs flour or 4 Tbs corn starch	2 eggs
$\frac{1}{2}$ cup granulated sugar	1 Tbs butter
$\frac{1}{4}$ tsp salt	1 tsp vanilla
2 cups milk, scalded, or 1 cup of evaporated milk and 1 cup water, scalded	2 cups heavy cream

Thoroughly mix flour or cornstarch, sugar, and salt in double boiler. Gradually add the milk, stirring constantly. Cook over boiling water, stirring constantly, until smooth and thickened about 10 minutes. Pour slowly while beating constantly with an electric mixer, over the eggs, which have been beaten with remaining $\frac{1}{4}$ cup sugar. Return to double boiler and cook 2 minutes over rapidly boiling water, while stirring constantly. Remove from heat, stir in butter and cool, add vanilla. Fold in $\frac{3}{4}$ cup heavy cream whipped into the cooled mixture. Put filling through the slit in each puff.

Note: Pauline was Henry Cline and Thaylia Deck's Mother.

Pauline Cline

Psalm 63:5 - My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

CRUNCHIE-MUNCHIES

12 oz. white chocolate (almond bark)
2 cups oyster crackers
2 cups colored miniature marshmallows

1 cup dry roasted peanuts
½ cup sunflower seeds
¼ cup peanut butter, optional
¼ cup coconut, optional

Melt white chocolate (and peanut butter if used). Mix with other ingredients and drop on waxed paper. It helps to keep mixing bowl slightly warm to keep from setting up too fast. VARIATION: Use chocolate coating and white marshmallows.

Norma Hartung

DATE PUDDING †

1½ C. brown sugar
1½ C. boiling water
1 C. white sugar
1/2 C. nuts
1 C. chopped dates

1 C. flour
1 tsp. baking powder
Pinch of salt
1 C. milk

Mix together brown sugar & boiling water. Pour in 9 x 13" pan. In a large bowl, mix together next 6 ingredients, then add milk. Pour this mixture over the syrup in the pan. DO NOT STIR. Bake at 350° till golden on top, about 30-45 minutes. Very Rich!!

*Viola Hensley
Pat Phillips*

EASY MILK CHOCOLATE FROSTING

3 Tbs oleo
2 Tbs cocoa
1½ cup powdered sugar

2 Tbs milk
1 tsp vanilla

Melt oleo in saucepan. Remove from stove. Stir in cocoa until dissolved. Add powdered sugar, milk and vanilla. Stir well and frost your cake.

Sherry Kolb Savely

FROSTED GRAPES ¹

4 lb. Grapes (clean and dry)
8 oz. sour cream
8 oz. cream cheese
½ C. sugar

1 tsp. vanilla
1 C. brown sugar
1 C. finely chopped pecans

Mix brown sugar and pecans in a small bowl. Set aside. In large bowl mix cream cheese, sugar, sour cream, and vanilla until well blended. Stir in grapes. Place in a 9 x 13 dish. Top with the brown sugar and pecans you set aside. Chill for at least 2 hours.

Betty McConnell

HOMEMADE STRAWBERRY ICE CREAM

6 level Tbs. flour
3 cups granulated sugar (divided)
1 tsp. salt
6 fresh eggs
1 can (12 oz.) strawberry soda pop
1½ pints fresh strawberries or 16
oz. frozen sliced strawberries

2 Tbs. lemon juice
2 Tbs. vanilla
2½ cups milk
4 cups half and half (divided)
Few drops red food coloring
(optional)

In a heavy saucepan (use whisk) combine flour, 2 cups sugar and salt. Mix well. Beat in milk, 1½ cups half and half, and eggs until well blended. Cook over medium heat, stirring **CONSTANTLY**, until mixture thickens and coats a metal spoon. (40-45 min) **DO NOT BOIL**. Cover and allow to cool for at least 2 hours or overnight in the refrigerator. Meanwhile, in a medium bowl and using a potato masher, crush berries well with lemon juice and remaining cup of sugar. Let stand for an hour. Pour half and half, vanilla, food coloring, the berry mixture, and the custard into a gallon-size freezer can. **ADD:** the can of strawberry pop and freeze according to manufacturer's directions. **NOTE:** Be sure to add 1½ cups of the half and half with the 2½ cups milk for cooking the custard at first as it takes the four cups of liquid to make custard properly. The pop substitutes later for milk.

Note: This makes the best homemade strawberry ice cream.

Norma Hartung

*H*OMEMADE VANILLA ICE CREAM †

6 eggs	½ tsp. salt
1½ C. sugar	4 tsp. vanilla
3 C. whipping cream or 2 pints	milk

Mix on high first 5 ingredients. Pour into 1 gallon ice cream container. Insert beater, then fill to with-in 3" of top with milk. Put lid on & crank freezer or use motor. Pour layers of crushed ice & ice cream salt around container. Crank until hard or follow directions on electric freezer.

*Remona Phillips
Pat Phillips*

*I*CE CREAM

4 eggs, beaten	1 small pkg vanilla pudding
2½ cup sugar	(instant)
2 cups half and half cream	2 cup milk
1 Tbs vanilla	

Mix together eggs, sugar, cream and vanilla. Mix together vanilla pudding and milk. Add pudding mixture to egg mixture. Stir. Put in ½ gal freezer and add enough milk to fill freezer. Freeze as usual.

Sherry Kolb Savely

*I*CE CREAM PIE

½ cup white Karo syrup	4-6 cup vanilla ice cream
½ cup smooth peanut butter	1 qt fresh strawberries, slice and
2 cup rice krispies	sweetened

Butter the bottom of any pie pan. Mix syrup and peanut butter by hand. Stir in rice krispies. Pour into pie pan. Press firmly on bottom and sides of pan. (I put a baggie on my hand and butter the baggie to press the crust into place. Fill with semi-soft ice cream. Cover with foil and freeze. Remove from freezer 10 min. before serving. Spoon strawberries over serving size pieces.

Mrs. Wayne (Ronnie) Buskirk

JELLY ROLL †

$\frac{3}{4}$ cup flour
 $\frac{3}{4}$ cup sugar
4 eggs

1 tsp baking powder
 $\frac{1}{4}$ tsp salt
1 tsp vanilla

Beat egg whites until stiff and then put in the sugar and beat. Beat in the egg yolks, and last put in the flour, baking powder, salt, and vanilla and beat. Pour into a lined jelly roll pan. Bake at 375° for 10 to 15 minutes. Remove from pan.

Filling

1 cup sugar
1 Tbs flour
1 cup milk

1 tsp lemon extract
1 egg (well beaten)

Mix dry ingredients, add milk and lemon extract, put on stove to cook. When mixture becomes warm, add the beaten egg and cook until mixture becomes thick. Spread onto the jelly roll and roll. Put seam side down and sprinkle with powder sugar.

Note: Laura fixed this jelly roll for many family gatherings.

Laura Hartung
Norma Hartung

LAURA'S GINGERBREAD †

1 C. brown sugar, blended with
 $\frac{1}{2}$ C. lard or other shortening.
1 C. molasses mixed well with
this.
2 tsp. baking soda in 1 Cup
boiling water (Be sure cup is
full of water
after foam is run off into cake
mixture) Mix all well.

To 3 C. of flour add one teaspoon
each of the following spices:
ginger, cinnamon, allspice,
nutmeg, cloves and $\frac{1}{2}$ tsp. salt.
Sift all into
cake mixture and mix well.
Add lastly 2 well beaten eggs. The
mixture should be quite thin.

Bake in moderate for 30 minutes. Raisins and/or candied fruit may be added and a chocolate frosting adds to the goodness.

Note: I found this recipe in my collection on old yellowed paper. It is re-printed as originally printed in a letter from Laura to Jennie Lindquist of Hornbook Magazine in 1953. It was apparently one of Almanzo's favorites (her husband) as she noted his death in 1949.

Laura Ingall Wilder
Larry E Sorensen

OLD FASHIONED CHEESECAKE

*1 - 9 inch graham cracker pie
crust*

*1 (8 oz. pkg.) cream cheese,
softened*

½ C. sugar

1 Tbs. lemon juice

¼ tsp. vanilla

dash of salt

2 eggs

fresh fruit or fruit topping

Preheat oven to 325°. In bowl, combine cream cheese, sugar, lemon juice, vanilla and salt. Add eggs one at a time, blending each well. Pour filling into baking dish and bake for 25-30 minutes or until inserted knife comes out clean. Meanwhile, make topping.

Topping:

1 C. sour cream

¼ tsp. vanilla

2 T. sugar

Blend topping ingredients well. Carefully spread over pie and continue baking an additional 10 minutes; cool. Refrigerate for 3 hours. Top with fresh fruit or fruit topping.

Larry E Sorensen

PEANUT BUTTER DESSERT

CRUST

1½ pkg. graham crackers, crushed

⅓ cup melted butter or margarine

¾ cup chunky peanut butter

⅓ cup sugar

Place all ingredients in food processor. Blend all together. Press into bottom of 9 x 13" pan.

FILLING

*1 large package instant chocolate
pudding*

3 cups milk

Mix according to package directions. Pour over crust. Chill one hour or until firm. Serve with a dollop of Cool Whip and top with peanuts.

Pat Phillips

*P*ECAN TARTS

3 oz. cream cheese, softened
1 C. flour
¾ stick butter or margarine
¾ C. brown sugar

½ C. pecans
1 egg, beaten
2 T. butter
1 tsp. vanilla

Mix together first three ingredients. Press into a non-stick muffin tin. Mix remaining ingredients, blending well. Pour into muffin tins. Bake at 350° for 20 minutes.

Larry E Sorensen

*P*EPPERMINT-OREO COOKIE DESSERT

1 large package Oreo cookies
½ gallon peppermint ice cream
(softened)

½ cup melted butter
½ cup sugar

Put cookies into blender in stages until very fine crumbs. Set aside. Melt butter and add the butter and sugar to cookie crumbs. Blend with a pastry blender. Pat ½ of crumb mixture in greased 9 x 13" glass pan. Spread ice cream that has been softened over top of crumbs. Sprinkle rest of crumbs on top. Press into ice cream. Freeze overnight.

Alice Jane Hayes

Be happy while you're living, for you're a long time dead.
- Scottish Proverb

*P*UMPKIN ROLLS

ROLL UP

3 eggs	2 tsp cinnamon
$\frac{2}{3}$ C. pumpkin	$\frac{1}{2}$ tsp. salt
1 tsp. baking powder	$\frac{1}{2}$ C. brown sugar
$\frac{1}{2}$ tsp. nutmeg	$\frac{3}{4}$ C. flour
$\frac{1}{2}$ C. sugar	1 tsp. ginger
1 tsp. lemon juice	

In large bowl, combine eggs and sugar, beating well. Add pumpkin and lemon juice, mixing until blended. In another bowl, combine flour, baking powder, spices and salt. Then mix together dry ingredients with the other bowl holding the blended eggs, pumpkin & lemon juice. Get all the lumps out. Heat oven to 375°. Line a 10 x 15" jelly roll pan with wax paper & spray with cooking spray before pouring the blended mixture into the pan. Bake for about 15 minutes. Careful not to overbake or sides will get hard. Then cool on cooling rack for 15 minutes. I use 2 linen towels, a cooling rack and a sifter filled with powdered sugar. When jelly roll is done baking, (pulling away from side of pan & insert a toothpick to check if done). Then using linen towel, sift powdered sugar over towel. Next, turn jelly roll pan upside down on towel, wax paper and all should come out onto the towel. Then gently pull wax paper off pumpkin roll. Sprinkle with powdered sugar to keep from sticking together, then roll it up in the towel to cool for 10 more minutes. Unroll & spread filling on pumpkin roll. Roll it back up without the towel, & place it on a serving plate or long pan. Sprinkle with more powdered sugar. Cover with plastic wrap and chill over night,

FILLING

1 - 8 oz. cream cheese, softened	4 T. butter, softened
$\frac{1}{2}$ tsp. vanilla	1 C. powdered sugar

Blend together with fork or mixer until smooth, then spread on cooled pumpkin roll.

Geanetta Renner

QUICK AND EASY DESSERT

*1 tube angel food cake
1 large can crushed pineapple*

*1 box instant vanilla pudding
1 8-12 oz container cool whip*

Sprinkle pudding mix in with undrained pineapple. Mix well. Fold in cool whip. Split angel food cake into 3 layers. Use $\frac{1}{3}$ of filling between each layer. You may arrange fresh strawberries on top. Refrigerate for several hours before serving.

Norma Hartung

QUICK PEACH COBBLER

*5 Tbs butter or margarine
1 cup flour
1 cup sugar
 $\frac{1}{8}$ tsp salt
1 Tbs baking powder*

*$\frac{1}{4}$ tsp ginger
 $\frac{1}{4}$ tsp almond extract
 $\frac{2}{3}$ cup milk
1 can (1 lb 14 oz.) sliced peaches*

Melt butter in 8 x 12 inch baking dish. Sift dry ingredients together add milk and extract; mix and blend. Pour over melted butter; do not stir. Arrange peach slices over batter, pour juice over all, but do not mix. Bake 55 to 60 min. at 350°. Serve warm with cream.

Norma Hartung

RHUBARB FLUMMERY

*5 C. rhubarb, diced
1 $\frac{1}{2}$ C. water
1 C. sugar*

*$\frac{1}{4}$ tsp. vanilla
3 T. cornstarch
Heavy Cream*

Combine rhubarb, water & sugar. Simmer until mushy then add vanilla. Mix cornstarch with a little cold water & stir into rhubarb. Cook, stir constantly 5 minutes or until thickened. Serve warm or chilled with cream (some extra sugar may be desired).

*S*CALLOPED PINEAPPLE

4 cups bread crumbs
2 sticks (1 cup) oleo. melted
1½ cup sugar

1 (20 oz.) can crushed pineapple
2 eggs

Mix everything together, except crumbs. Pour mixture over crumbs. Place in 8 x 8" Pyrex pan. Bake at 350° for 45 minutes.

Sherry Kolb Savely

*S*TRAWBERRY CHEESECAKE BROWNIE CUPCAKES

1 pkg. chewy fudge-style brownie mix
3 eggs
½ cup oil
¼ cup semi-sweet chocolate chips, melted

12 strawberries
1 cont. (24.3 oz.) refrigerated ready-to-eat cheesecake filling
1 cup strawberry preserves
8 drops liquid red food coloring

Preheat oven to 350°. Line 12 muffin cups with cupcake liners. Prepare brownie mix according to package directions for cake-like brownies, using eggs and oil. Divide batter among cups. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Remove from pan to rack. Cool. Meanwhile using spoon drizzle chocolate over strawberries, let stand about 15 minutes. Combine cheese-cake filling, preserves, and food coloring. Dollop, or using a large star tip, pipe mixture on cupcakes. Top with strawberries.

Betsy Ledin

We never know how high we are till we are called to rise.
- Emily Dickinson

WINTER CRISP

FILLING

*½ cup sugar
3 Tbs. flour
1 tsp. grated lemon peel*

*5 cups unpeeled, sliced apples
1 cup cranberries*

In a medium bowl, combine sugar, flour, and lemon peel; mix well. Add apples and cranberries; stir to mix. Spoon into a 6 cup baking dish.

TOPPING

*⅓ cup rolled oats
⅓ cup packed brown sugar
¼ cup whole wheat flour*

*2 tsp. ground cinnamon
3 Tbs. soft margarine, melted*

In a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine, stir to mix. Sprinkle topping over filling. Bake in a 375° oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Note: SUMMER CRISP: Prepare as directed, substituting 4 cups fresh, or unsweetened frozen peaches and 2 cups fresh or unsweetened frozen blueberries for apples and cranberries. If using frozen fruit, thaw fruit completely (do not drain).

Norma Hartung

1 Corinthians 10:31 - So whether you eat or drink or whatever you do, do it all for the glory of God.

Common

If you do

1 c. cake flo
1 T. cornsta
1 tsp. bakin
1 pkg. activ
1 c. sugar...
1/4 c. fine dr
1 c. honey .
1 c. corn sy
1 sq. (1 oz.)
1 c. whippir
1 c. butterm

1 c. whole n
1 c. light cr
1 c. tomato
1 c. tomato
1 sm. onion
1 tsp. dry m
1 tsp. dried

Roasting

Meats

Poultry

Chicken (*whole*) 3

5

Duck (*domestic*) 2

Turkey (*unstuffed*)

Pork

Ham, fully cooked
(*bone in*)

Pork loin roast

Pork ribs

Beef

Beef, rib roast
(*bone in*)

Eye round roast

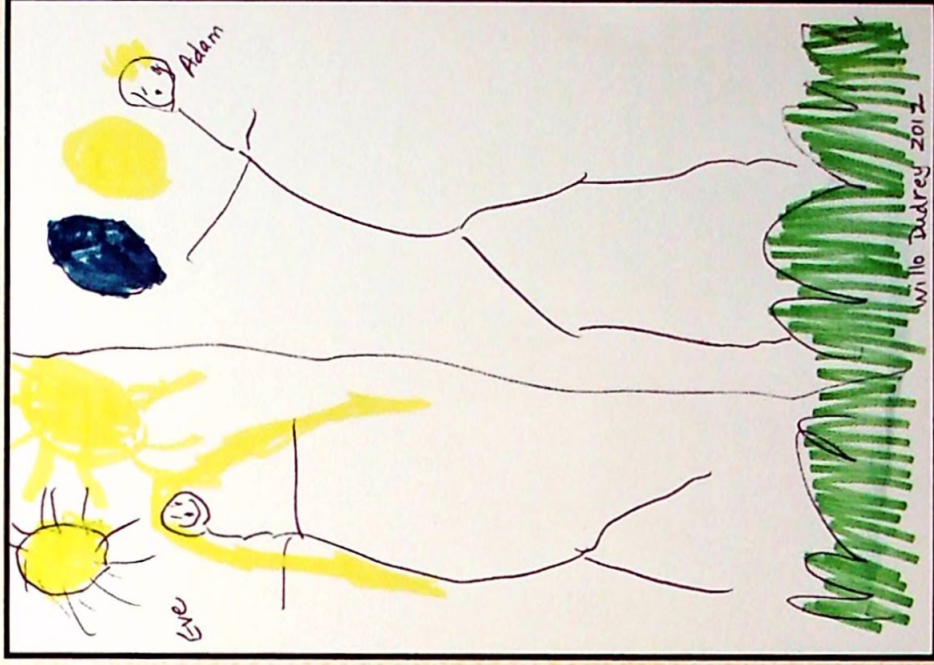
Tenderloin (*whole*)

Lamb

Lamb (*leg, bone in*)

Time is based on meat
Test doneness at shoulder

Healthy Choices



Willo Dudley, age 5

Rules for Being Trim & Fit

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Roasting

Meats

Poultry

- Chicken (whole) 3
- 5
- Duck (domestic) 4
- Turkey (unstuffed)

Pork

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- Pork loin roast
- Pork ribs

Beef

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- Eye round roast
- Tenderloin (whole)

Lamb

- Lamb (leg, bone in)

Time is based on meat
Test doneness at shoulder

• Forget Exercise; Have 'Fun' Instead

You have options. It can be enjoyable activities with friends or with the family. Hiking, biking, urban walks or playing outdoor games are just a few activities that come to mind.

• Pick a Comfortable Pace for Fitness

Choose an intensity level from the start that's comfortable for you, not what your buddy or the exercise video diva says is the right pace.

• Get Your Groove On: Exercise to Music

In a recent study from Brunel University in West London, music not only enhanced endurance by 15%, but also helped those working out get more pleasure from exercise. The kind of music doesn't matter at all. Whatever makes you want to get up on your feet.

• Lean on Friends for Fitness Support

Find someone you want to spend time with—a friend, a family member. Make a deal with them, a blood oath to exercise with them. In one study, researchers found that women who find it hard to stick to an exercise routine worked out more regularly and got better results when they worked out with their daughters.

• Change Your Focus: Aim for a Little Exercise Every Day

Don't get hung up on the length of each workout. Instead, focus on exercising on most days of the week especially when you are beginning or resuming an exercise program. Once you get into a pattern of daily exercise, it becomes easier to increase your workout. The focus at first is to show up.

• Double Up on Your Goals: Get Fit and Trim

If your goal is to get fit, you may also want to lose weight or eat more healthy.

• Sneak in Healthier Cooking at Home

You'll have more energy to work out—and you'll start to shed pounds—if you eat more healthfully.

• Make Portion Sizes a Math Problem

You don't need to measure cups. Put a typical size portion on your plate, then remove 5-10% of it. Is it a standard portion now, or still too much? According to the American Dietetic Association:

- 3 ounces of meat is equal to a deck of cards
- One cup of pasta is about the size of a tennis ball
- One bagel is about the size of a hockey puck
- 1 1/2 ounces of cheese is the size of three dominoes
- 2 tablespoons of peanut butter is roughly equivalent to a ping-pong ball
- a half cup of vegetables is the size of a light bulb

Healthy Choices

GLUTIN FREE

*B*BQ PORK TENDERLOIN

- | | |
|---|-----------------------------|
| 1 lb. pork tenderloin | 1 Tbs. Worcestershire sauce |
| 2 Tbs. olive oil | 2 tsp. cider vinegar |
| 1 medium onion, chopped | 1 cup water |
| 1 garlic clove, minced | salt and pepper to taste |
| $\frac{1}{4}$ cup + 2 Tbs. of ketchup | |
| 2 tsp. of hot sauce (more or less
depending on preference) | |

Cut the pork crosswise into $\frac{1}{4}$ inch thick slices. Cut each slice into 3 strips. Place the olive oil in a large heavy-bottomed saucepan over medium heat. Add the onion and garlic; sauté for 5 minutes. Add the ketchup, hot sauce, Worcestershire sauce, vinegar and water. Simmer uncovered, stirring occasionally, for about 5 minutes. Add the pork and simmer, covered, until the pork is cooked through and tender, about 10 minutes. Transfer the pork to a platter with a slotted spoon. Bring the sauce to a boil and cook until reduced slightly and thickened, about 4 minutes. Spoon sauce over pork and serve.

Norma Hartung

Matthew 5:6 - Blessed are those who hunger and thirst for righteousness, for they will be filled.

B

BLUEBERRY COFFEE CAKE

Coffee Cake

1 1/4 cups gluten free all-purpose flour
heaping 1/2 tsp. xanthan gum
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
6 Tbs. unsalted butter, at room temperature

3/4 cup granulated sugar
2 large eggs, lightly beaten
1 tsp. vanilla extract
1 cup sour cream
1 cup blueberries (frozen are just fine).

Make topping first. Grease a 9" springform pan, set it aside. Now on to the cake. In a medium sized bowl, whisk together the flour, xanthan gum, baking powder, baking soda and salt. Set aside. In a large bowl, beat the butter and sugar until light and fluffy. This is like *deja vu* all over again. Add the eggs and blend well. Add the vanilla and sour cream. Blend well. Now add the flour mixture, reserving a few tablespoons of flour mixture. Stir to combine. Add the blueberries (Or whatever else you like, really) to the reserved flour mixture, and toss to coat. Fold the blueberries into the batter until they are evenly distributed. Pour the cake batter into the greased pan, and spread evenly. Remove the topping from the ice box and crumble it with your fingers evenly over the batter. Bake for approximately 45 minutes or until a toothpick inserted into the center of the cake comes out with a few moist crumbs attached. Check the cake after 35 minutes or so. If the topping is browning too quickly, tent with foil and continue baking until done. Slice and enjoy. Savor with a cup o' joe.

TOPPING

1 cup of All-Purpose Flour
1/2 tsp. xanthan gum
2 tsp. ground cinnamon
1/8 tsp. salt

1 stick unsalted butter at room temperature
1/3 cup packed brown sugar
1/3 cup granulated sugar

Mix topping first. In a medium sized bowl, beat the butter and sugars, until they're light and fluffy. Add the cinnamon, flour, and xanthan gum and mix to combine. Place this bowl in the refrigerator to chill while you make the cake batter. Preheat the oven to 350°.

Betsy Ledin

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Roasting

Meats

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Duck (domestic) 4

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Pork ribs

Beef

Beef, rib roast (bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat

Test doneness at shou

*B*RAISED GREEN BEANS WITH BACON

3 slices bacon
1 ½ tsp. olive oil
1 large onion finely chopped
3 garlic cloves minced

2 lbs. green beans, trimmed
1 cup chicken stock
½ Tbs. vinegar
salt and pepper to taste

In a large skillet, cook bacon until crisp. Transfer to paper towel. Crumble bacon and set aside. Heat oil over low heat, add onions and cook, stirring occasionally, until golden, about 10-15 minutes, add garlic and continue to cook one minute. Add green beans, chicken stock, and bacon. Bring to simmer, reduce heat to low and cook until beans are tender crisp about 30 minutes. Remove from heat and stir in vinegar, salt and pepper.

Norma Hartung

*C*HEWY FLOURLESS CHOCOLATE COOKIES

1 ¼ cup powdered sugar
½ cup Dutch process cocoa
2 tsp cornstarch
¼ tsp salt

2 egg whites
1 cup coarsely chopped pecans or
walnuts, toasted

Preheat oven to 300°. Mix together sugar, cocoa, cornstarch and salt. Gradually add egg whites, stirring with a spoon until mixture forms a dough. (Mixture should be thick enough to form into balls; if not add more powdered sugar and cocoa.) Add nuts; mix well. Form dough into 15 balls. Place on a parchment-lined baking sheet. Bake 16-19 minutes, until glassy and crackled. Cool completely.

Betsy Ledin

1 Corinthians 10:17 - 'Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf.'

COOKIE-BROWNIE BARS

1 (19 oz.) pkg gluten-free
chocolate chip cookie mix
½ cup butter (softened)
1 tsp gluten-free vanilla
1 egg

1 (19 oz.) pkg gluten-free brownie
mix
¼ cup butter (melted)
2 eggs

Preheat oven to 350°. Grease bottom only of 9 x 13" baking pan with shortening or cooking spray. In bowl, stir together chocolate chip cookie mix, softened butter, vanilla, and 1 egg until soft dough forms. Drop dough by rounded tablespoonfuls onto bottom of pan. In another bowl, stir together brownie mix, melted butter, and 2 eggs until blended well. Drop batter by tablespoonfuls evenly between mounds of cookie dough. Bake 30-35 minutes or until cookie portion is golden. Cool completely, 1 hour. Store covered at room temperature. Makes 24 servings.

Betsy Ledin

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Proverbs 25:11 - A word aptly spoken is like apples of gold
in settings of silver.

CREAM CHEESE RASPBERRY BROWNIES

½ T. unsalted butter
¼ C. gf flour
¼ tsp gf baking powder
14 tsp baking soda
⅛ tsp salt
1 C. sugar
¼ C. butter, melted

⅓ C. gf unsweetened cocoa
1 T. water
1 tsp gf vanilla
1 egg
2 egg whites
3 T. raspberry preserves

Coat the bottom of an 8 inch baking pan with butter (do not coat the sides). Combine ¼ C. flour, baking powder, baking soda and salt in a medium bowl. Combine, sugar, melted butter, cocoa, water, vanilla, egg & egg whites, stirring well. Now add to the flour mixture, stirring just until moist. Spread two-thirds of the batter in the bottom of pan. Pour filling over batter, spreading evenly. Carefully drop the remaining batter and preserves by the spoonfuls over filling; swirl together using the tip of a knife. Bake at 350° for 40 minutes or until a wooden toothpick inserted in the center comes out almost clean. Cool on a wire rack.

CREAM CHEESE RASPBERRY BROWNIE FILLING

⅓ C. sugar
⅓ C. gf cream cheese, softened
2 tsp gf flour

½ tsp gf vanilla
1 egg white

Preheat oven to 350°. Beat all filling ingredients with mixer at medium speed until well blended and set aside.

Larry E Sorensen

Luke 4:4 - Jesus answered, "It is written: 'Man does not live on bread alone.'"

CONTENTS

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Test doneness at short

FLOURLESS CHOCOLATE CAKE

5 egg whites

4 oz. semisweet chocolate, chopped

3 Tbs unsweetened cocoa

1/2 cup ground walnuts, almonds,
or hazelnuts

1/2 cup SLENDA Granular

1/2 cup reduced-fat sour cream

1/2 cup egg substitute

1/2 tsp. vanilla extract

Preheat oven to 350°. Coat a 9" springform pan with butter-flavored cooking spray. In a bowl of electric mixer, beat egg whites on high until stiff glossy peaks form. Microwave chocolate in microwave-safe bowl on high for 1 to 2 minutes. Stir until smooth. Scrape into a mixing bowl. Stir in cocoa, nuts, SLENDA granular, sour cream, egg substitute and vanilla extract. With spatula, fold in egg whites. Spoon batter into prepared pan and gently smooth top. Bake for 30 minutes and cool. Loosen edges of pan and remove cake. Cake will deflate. Serve with a scoop of ice cream if desired.

Betsy Ledin

GLUTEN FREE MEATLOAF

Meatloaf

1 1/2 lbs. ground beef

1 slice gluten free bread or 1/4 cup
tortilla chips crushed very fine

1 egg

1 small sweet onion

1 tsp. salt

1/4 tsp. pepper

2/3 cup GF BBQ sauce

Preheat oven to 350°. In a large mixing bowl, place all ingredients. After putting the ingredients together you will need to mix it together very well. You can try mixing it with a spoon, but it works best if you use your hands to mix it. You will need to lightly grease a loaf pan. Place the meat mixture in the pan.

Sauce

1/2 cup ketchup

4 Tbs. Apple Cider Vinegar

3 Tbs. brown sugar

1/2 cup GF BBQ sauce

In a separate mixing bowl (small) mix together the vinegar, brown sugar, ketchup, and BBQ sauce. After making the sauce pour it over the meat mixture. Place meat in the oven for approximately 1 hr. 15 min. or until the meat is done. When the meat is done take it out of the oven and let stand for a few minutes prior to serving. ENJOY! Serve with mashed potatoes and green beans.

Betsy Ledin

*G*LUTEN FREE SUGAR COOKIES

2 1/12 cups GF flour mix (if no
xanthan in the mix, add 1 Tbs
xanthan for recipe
1/2 cup butter (or half shortening
and half butter)
1 cup granulated sugar

2 large eggs
2 Tbs milk
1 tsp vanilla
1 1/2 tsp baking powder
pinch of salt

Combine eggs, milk, and vanilla in one bowl. In another bowl, combine dry ingredients. Cream together butter and sugar. Alternately add egg and flour mixture to creamed butter/sugar and blend well after each addition. After all mixed together, use hands to knead all together if necessary. Roll into large ball and divide into 4 balls. Chill for 1-2 hours or overnight. Roll out onto floured surface and cut into shapes. Bake at 375° for 10 minutes (depends on size and thinness of cutouts).

Betsy Ledin

*G*LUTEN-FREE BLUEBERRY MUFFINS

1 1/2 cups all-purpose rice flour or
superfine white rice flour
1/4 tsp xanthan gum
1 1/2 tsp baking powder
1/2 tsp salt
3/4 cup granulated sugar

6 Tbs unsalted butter, softened
1 egg plus 1 egg yolk
1/2 tsp vanilla
1/2 cup whole milk
1 cup fresh blueberries

Line muffin pan with baking cups. Combine flour, xanthan gum, baking powder and salt. In another bowl beat together sugar and butter; add egg, yolk, and vanilla. Stir in milk and flour mixture alternately in 3 parts. Fold in blueberries. Fill cups; sprinkle with extra sugar. Bake at 375° until tops spring back when touched, 18-22 min. Cool in pan 5 min, then move to wire rack. Makes 12 muffins.

Betsy Ledin

PEPPERONI PIZZA

PEPPERONI PIZZA

¾ C. warm water (105-115°)
 1 T. sugar
 2¼ tsp. dry active yeast
 2 C. gf flour (see note below in
 Tips section)

1½ tsp. kosher salt
 1½ T. olive oil
 Extra olive oil for forming dough

In a small bowl combine warm water, sugar and yeast. Stir and proof for about 5 minutes or until foamy. In work-bowl of a heavy duty mixer, fitted with a paddle, mix gf flour and salt. Add 1½ tablespoons olive oil to proofed yeast. Pour yeast mixture into flour mixture and mix on medium speed for 6 - 7 minutes. Turn dough out onto a greased pizza pan. Drizzle dough with olive oil and rub your hands with a little olive oil. Press dough into an even layered circle, creating a little lip around outer edges. If it starts to stick to your hands rub your hands with a little more olive oil. Cover pizza with plastic wrap and let rise in a warm place for about 20 minutes. Preheat oven to 400°. Bake pizza crust for 7 minutes. Remove from oven (keep oven on). Spread pizza sauce on top of pizza crust. Sprinkle with mozzarella and top with pepperoni. Bake at 400° for 20 minutes or until cheese is melted and lightly browned in spots.

TIPS FOR THE PEPPERONI PIZZA CRUST FLOUR

1½ C. brown rice flour
 1½ C. white rice flour
 ⅓ C. potato starch
 ⅓ C. corn starch
 2 tsp. xanthan gum

TOPPING FOR PEPPERONI PIZZA

½ - ¾ C. gf pizza sauce (use Muir
 Glen organic pizza sauce)
 1 C. mozzarella cheese, grated
 ½ cup pepperoni, sliced thin (use
 Hormel's sliced pepperoni)

Teresa A. Sorensen

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Poultry

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 (bone in)
 Eye round roast
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Lamb (leg, bone in)

Time is based on meat
 Test doneness at short

*P*ERFECT BISCUITS

3 eggs
 $\frac{3}{4}$ C. milk
3 C. flour

$4\frac{1}{2}$ tsp. baking powder
1 tsp. salt
12 T. unsalted, softened butter

Preheat oven to 425°. In a small bowl, beat eggs together with milk, set aside. In a separate bowl, sift together dry ingredients. Cut butter into dry ingredients until it resembles small peas. Add wet ingredients and mix just until blended; do not over mix. Dough will be sticky. Turn out onto a floured surface and dust top of dough with flour. Pat dough to a 1 inch thickness and cut into 2- $\frac{1}{2}$ inch rounds. Place biscuits on an ungreased baking sheet with biscuits barely touching and bake for 15 minutes.

*P*ORK CHOP-POTATO SKILLET

$\frac{2}{3}$ cup of sour cream
 $\frac{1}{2}$ cup water
2 Tbs gf flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp dried sage (optional)
 $\frac{1}{4}$ tsp black pepper
1 Tbs vegetable oil

4 pork chops
4 medium mushrooms sliced
 $\frac{1}{2}$ onion sliced
2 medium baking potatoes, sliced
 $\frac{1}{8}$ inch thick
 $\frac{1}{2}$ cup dry white wine

Preheat oven to 200°. In a small bowl combine sour cream, water, flour, salt, sage; set aside. In a saucepan add potato slices and cover with water. Bring to a boil for about 8-10 minutes or until barely tender. Drain and set aside. Meanwhile, while potatoes are cooking, season pork chops on both sides with salt and pepper. Heat a large skillet over medium-high heat. Add vegetable oil and coat pan. Add pork chops and brown on both sides, about 4-5 minutes per side. Remove pork chops and place in preheated oven to keep warm. Place onions in pan and cook until tender, about 3-4 minutes, stirring occasionally. Add cooked potato slices. Cook over medium-high heat for 2 minutes. Add mushrooms and wine. Bring to a boil until liquid is reduced to about $\frac{1}{4}$ cup, 3-5 minutes. Remove from heat. Add sour cream mixture. Stir to coat. Place pan over medium-low heat. Return chops to pan and top with sauce.

Norma Hartung

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SPICY WALNUT COOKIES

2 cups walnut pieces
1/3 cup sugar

1 Tbs cinnamon
2 egg whites, whisked till frothy

Grind nuts, sugar and cinnamon in blender or food processor. Combine with egg whites. Drop by teaspoon on oiled cookie sheet. Bake at 350° 15 minutes. Cookies will be soft; do not overbake. Makes 15 cookies. Option: Increase nuts by 2 more cups (4 total); form into small balls.

Betsy Ledin

DIABETIC

BLACK BEAN SALAD

1 - 15 oz. can low sodium black
beans, drained and rinsed
1/2 C. fresh tomatoes, chopped
1/2 C. chopped cucumbers and or
celery
1/2 C. chopped bell pepper

1/4 C. avocado, peeled and cubed
2 tsp. fresh lemon juice
1 clove fresh garlic (or 1/4 tsp.
garlic powder)
1/8 tsp. salt
Ground pepper to taste

Mix all ingredients together. Refrigerate for 30 min. stirring a couple of times.

Larry E Sorensen

Ephesians 5:18 - Do not get drunk on wine, which leads to debauchery. Instead, be filled with the spirit.

BREAKFAST BURRITO

1 C. canned black beans, rinsed & drained
1/3 C. bottled chunky salsa
4 lightly beaten eggs
2 T. milk
1/4 tsp. pepper
1/8 tsp. salt

1 C. tomato, chopped
1/2 C crumbled queso fresco or Monterey Jack cheese, shredded
1/4 C. sour cream
4 tsp. fresh mint, optional
Non-stick cooking spray

In a small sauce pan mash the beans slightly. Stir in salsa. Cook & stir over low heat until heated through. Remove from heat; cover & keep warm. In a small bowl beat together eggs, milk, pepper & salt. Coat a 10" nonstick omelet pan (or skillet with flared sides) with cooking spray or brush lightly with a little oil. Heat over medium heat until a drop of water sizzles. For each egg "tortilla" pour about 1/4 C. of the egg mixture into the pan. Lift & tilt pan to spread egg mixture over bottom. Return to heat. Cook for 1 1/2 to 2 minutes or until light brown on bottom (DO NOT TURN). Loosen edges with a spatula; carefully slide onto a serving plate, browned side down. To assemble, spread the bean mixture onto the egg tortilla just below centers. Top with tomato & half of the cheese. Fold each in half, then into quarters to form a burrito. Top with sour cream & remaining cheese; sprinkle with mint.

Larry E Sorensen

CILANTRO CHICKEN WITH PEANUTS

2 tsp. cooking oil
1 lb. skinless, boneless chicken breast halves, cut into 1" pieces
4 tsp. reduced sodium soy sauce
2 tsp. rice vinegar
1 tsp. toasted sesame oil

1/8 tsp. crushed red pepper
1 1/2 cups fresh cilantro leaves
4 C. finely shredded Chinese cabbage
1/4 C. dry roasted peanuts, coarsely chopped

In a medium non-stick skillet heat cooking oil over medium-Hi heat. Add chicken to skillet. Cook & stir for 3-4 minutes or until chicken is no longer pink. Add soy sauce, vinegar, sesame oil & crushed red pepper. Cook & stir for 1 minute. Remove from heat. Stir in cilantro. Spoon the chicken mixture over the cabbage; sprinkle with peanuts. Serve immediately.

Larry E Sorensen

GREEN BEANS AND ONIONS

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| 4 tsp. butter | ¼ C. pitted ripe olives, sliced |
| 1½ C. onion, chopped | 2 T. fresh basil, snipped |
| 1 tsp. sugar | ¼ tsp. salt |
| 1 T. balsamic or red wine vinegar | ¼ tsp. pepper |
| ½ C. roasted red peppers, finely chopped | 1 lb. green beans, ends trimmed & cut into 2" lengths. |

In a large non-stick skillet heat butter over medium-low heat until melted. Add onion & sugar to the skillet. Cook and stir about 10 minutes or until the onion is very tender & golden brown. Stir in vinegar. Cook & stir for 1 - 2 minutes more or until liquid is evaporated. Stir in the roasted red peppers, olives, basil, salt & black pepper. Remove from heat; cover & keep warm. Meanwhile, in a covered medium saucepan cook the green beans in a small amount of boiling water about 10 minutes or until crisp-tender; drain. Stir the onion mixture into green beans.

Larry E Sorensen

HALIBUT WITH STRAWBERRY SALSA

- | | |
|-------------------------------------|---|
| 3 T. bottled plum sauce | 2 T. onion, thinly sliced |
| 3 T. lime juice | 2 T. cilantro, freshly snipped |
| ½ tsp. ginger, freshly grated | ½ sm. jalapeño pepper, seeded & finely chopped |
| ¼ tsp. salt | 4 (4 oz.) fresh or frozen halibut, cut ¾" thick |
| ⅛ tsp. black pepper | 1 tsp. sesame seeds |
| 1 C. strawberries, coarsely chopped | |
| ½ C. cucumber, seeded & chopped | |

In a small bowl combine plum sauce, lime juice & ginger. Reserve half of the mixture; stir in salt & black pepper. Set aside. For salsa, stir the strawberries, cucumber, green onion, cilantro & jalapeño pepper into the remaining plum sauce mixture. Cover & chill up to 1 hour or until ready to serve. Thaw & rinse fish; pat dry with paper towels. Place fish on greased unheated rack or a broiler pan. Brush fish with reserved plum sauce mixture; sprinkle with sesame seeds. Broil about 4" from the heat for 6 to 9 minutes or until fish flakes easily when tested with a fork. Serve with salsa.

Larry E Sorensen

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HONEY - MUSTARD FRUIT SLAW

1 ½ C. shredded cabbage

1 C. shredded carrots

¾ C. apple or pear, chopped

4 tsp. salad oil

4 tsp. Dijon-style mustard or
coarse grain brown mustard

1 T. lemon juice

1 T. honey

2 cloves garlic, minced

2 T. peanuts or cashews, chopped

In a medium bowl toss together cabbage, carrots & apples; set aside. For dressing, in a small screw-top jar combine salad oil, mustard, lemon juice, honey & garlic. Cover & shake well. Pour dressing over cabbage mixture; toss gently to coat. Cover & chill for 2 to 24 hours. Before serving, sprinkle the cabbage mixture with peanuts. Serves 4.

Larry E Sorensen

SOUTHWEST PORK CHOPS WITH CORN SALSA

¼ C. white wine vinegar

3 T. fresh cilantro

1 tsp. olive oil

1 C. fresh or frozen whole kernel
corn

3 medium Roma tomatoes,
chopped

½ C. thinly sliced green onions

1 small jalapeño, seeded & finely
chopped

4 center-cut pork loin chops, cut
¾" thick

For sauce, in a small bowl combine half of the vinegar, half of the cilantro & the olive oil. For salsa, thaw corn, if frozen. In a medium bowl combine corn, tomatoes, green onions, jalapeño pepper, remaining vinegar & remaining cilantro. Set aside. Grill or broil chops for 9 -12 minutes turning only once & brushing occasionally during last half of cooking.

Larry E Sorensen

*Luke 10:8 - "When you enter a town and are welcomed,
eat what is set before you."*

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Roasting

Meats

Poultry

Chicken (whole) 3

5

Duck (domestic) 4

Turkey (unstuffed)

Pork

Ham, fully cooked
(bone in)

Pork loin roast

Pork ribs

Beef

Beef, rib roast
(bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

SUGAR FREE RICE PUDDING

1 pkg. (4-serving size) sugar free
vanilla pudding
3 cups skim milk
½ cup instant rice
¼ cup raisins
⅛ tsp. ground cinnamon

Combine all ingredients in medium saucepan. Bring to a boil over medium heat, stirring constantly. Pour into 1 quart casserole or individual dessert dishes. Place plastic wrap directly on surface of hot pudding. Chill 30 minutes; remove plastic wrap. Sprinkle with additional cinnamon if desired. Makes 8 servings.

Staci Rice

YOGURT DIP

1 - 8 oz. carton plain non-fat
yogurt
2 tsp. fresh minced dill weed (use
1 tsp. if dried)
1 tsp. fresh lemon juice
⅛ tsp. salt
Ground pepper to taste

Mix well all ingredients. Experiment with other herbs and spices. Great for veggies.

Larry E Sorensen

TRIM & FIT

BANANA SPLIT PIE

¾ C. sliced banana
1 ½ C. water
1 (8 oz.) can crushed pineapple
well drained
6 maraschino cherries (optional)
1 (6 oz.) ready-made reduced fat
graham cracker crust
1 Instant sugar-free vanilla
pudding mix
2 C. fat-free whipped topping

Arrange bananas in bottom of pie crust & spread crushed pineapple over top. Combine water & pudding mix, stirring until well blended. Fold ½ C. whipped topping into pudding. Spread over fruit evenly. Cover & chill for at least 2 hrs. or freeze for 45 minutes. Spread remaining whipped topping over the top of pudding mixture. Garnish with cherries if desired.

Pat Phillips

*B*LT PASTA SALAD

3 1/2 C. cooked large shell mac
4 C. chopped tomatoes
4 strips of bacon, cooked &
crumbled
3 C. thinly sliced lettuce
1 tsp. sugar

2 tsp cider vinegar
1/2 C. fat-free Mayo
1/3 C. light sour cream
1 T. Dijon mustard
salt & pepper to taste

In a large mixing bowl mix together the shell macaroni, bacon, lettuce & tomatoes. In a small bowl mix the sugar, vinegar, Mayo, sour cream & mustard. Pour over the shell mac mixture, stir together & serve.

Pat Phillips

*B*UTTERFINGER CREAM PUFF ☺

8 oz. fat-free whipped topping
1 sm. box sugar-free white
chocolate pudding

1 C. skim milk
5 Slimfast peanut butter crunch
bars (crushed)

Mix the pudding with the skim milk. Fold whipped topping into pudding & blend. Fold in crushed Slimfast bars. Can serve in bowls or pour into a graham cracker crust.

Pat Phillips

*Psalm 119:103 - How sweet are your words to my taste,
sweeter than honey to my mouth!*

CARROT CAKE WITH CREAM CHEESE FROSTING

CARROT CAKE

2 C. grated peeled carrots	2 tsp. vanilla
1 (4 oz.) can crushed pineapple with juice	¼ tsp salt
½ C. sugar	1¼ C. sifted cake flour
1 (4 oz.) jar carrot purée (baby food)	1¼ C. oat bran
½ C. egg whites	2 tsp. baking soda
	1½ tsp cinnamon

Preheat oven to 425°. Prepare a 9" cake pan sprayed with non-stick spray. In a large bowl, whisk together the first 7 ingredients until well blended. In another bowl, stir together the last 4 remaining ingredients. Combine the two bowls; fold in gently. Pour batter into prepared pan. Bake until firm to the touch, about 30 minutes. Cool in the pan, then un-mold and frost.

FROSTING

8 oz. non-fat cream cheese	½ C. sugar
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Blend cream cheese and sugar until smooth. Maybe adding a tsp. of vanilla. Frost cake with the cream cheese.

Pat Phillips

Roasting

Meats

Poultry

Chicken (whole)	3
	5
Duck (domestic)	4
Turkey (unstuffed)	

Pork

Ham, fully cooked
(bone in)
Pork loin roast
Pork ribs

Beef

Beef, rib roast
(bone in)
Eye round roast
Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at shoulder

Courage is the price that life exacts for granting peace.

- Amelia Earhart

CHOCOLATE PEANUT BUTTER FUDGE

1 (15½ oz.). can butter beans,
rinsed and drained

1 C. unsweetened cocoa powder

¾ C. reduced fat crunchy peanut
butter*

1 T. vanilla extract

5 C. confectioners sugar

*If you don't want nuts in the fudge, use creamy peanut butter instead. It doesn't change the nutritional information. Heat beans in microwave until hot (approx. 1-2 minutes). Place in food processor and blend until smooth (or you can do this with a fork, but it takes longer). Add cocoa powder, peanut butter and vanilla; blend together. Remove from food processor and place into a large bowl. Add sugar 1 C. at a time and knead by hand. After all sugar has been added, dough will be very stiff. If the dough is crumbly, add ½ tsp. water at a time until the dough is smooth (you shouldn't need anymore than 2 tsp. total). Spray an 8 x 8 inch square pan with butter flavored cooking spray. Press dough evenly into pan using a piece of waxed paper sprayed with butter flavored non-stick cooking spray. Leave waxed paper on top of fudge to keep it from drying out and refrigerate until firm. (about 1 hour) Cut into 1 inch pieces - 8 across and 8 down.

Note: I know it sounds bad having beans in the fudge, but take my word for it, you can't taste the beans! This is good fudge! It's best to keep the fudge covered with plastic wrap in the refrigerator.

Pat Phillips

John 6:47-48 - I tell you the truth, he who believes has everlasting life. I am the bread of life.

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Roasting

Meats

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(bone in)

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Pork ribs

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(bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

CINNAMON ROLLS

1 - 13.8 oz. can Pillsbury classic

pizza crust

2 T. fat free margarine spread

1/2 C. Splenda Granular

3 tsp. cinnamon

1 T. sugar

1/2 C. confectioner's sugar

1/2 tsp. vanilla extract

2 tsp. water

Preheat oven to 400 degrees. Spray a cookie sheet with non-stick cooking spray. Unroll the pizza crust and press out to 1/4 inch thickness onto the cookie sheet. Spread the margarine evenly over the dough. In a small bowl, combine the Splenda, cinnamon and sugar together. Sprinkle evenly over the dough. Roll the dough (jelly roll style) starting from the long side of the dough. Once rolled, pinch the seam to seal. Cut into 12 pieces and place on the prepared cookie sheet with the cut side facing up. Bake for 12-14 minutes or until golden brown. Allow to cool. In a small bowl, mix together the confectioner's sugar, vanilla extract and water. If the icing is too thick, add a few drops of water until it begins to thin enough to drizzle. Once the cinnamon rolls have cooled, evenly drizzle the icing over them and serve.

Pat Phillips

CROCKPOT CHICKEN TACOS

4 boneless, chicken breasts

1 can chicken broth

1 pkg. Taco Bell seasoning mix

Lettuce

Sliced Tomato

Salsa

In a crockpot, place chicken breasts, broth, and taco seasoning in order given. Cook 4-5 hours on low or until chicken is done. Shred the chicken. Place 3 oz. of meat on taco size tortilla. Add lettuce, tomato & salsa.

Pat Phillips

John 6:33 - "For the bread of God is he who comes down from heaven and gives life to the world."

CROCKPOT HAMBURGER CABBAGE CASSEROLE ②

6 C. bagged coleslaw mix
1 lb. extra lean ground beef,
browned, drained
½ tsp salt
¼ tsp. pepper
1 C. onion, chopped

1 C. long grain rice
26 oz. lite spaghetti sauce
Approximately 1 cup water
1½ tsp. basil
¼ tsp. seasoned salt

Place half the coleslaw mix in a crockpot. Put ground beef over the top. Sprinkle ½ tsp. salt & ¼ tsp. pepper over the top. Evenly distribute onion, then rice over all. Top with remaining cabbage, salt & pepper. Combine spaghetti sauce, water, basil & seasoned salt; pour over cabbage. Cover & cook on high for 4-5 hours or until rice is tender. Stir occasionally, & add water during cooking time, if it is too thick.

Pat Phillips

EASY 5 BEAN SOUP

1 lb. lean ground beef
5 cans beans, undrained any kind
2 cans Rotel diced tomatoes (or 1
can Rotel/1 can diced tomatoes)

1 can corn, undrained
1 pkg. taco seasoning mix
1 pkg. ranch dressing mix

Brown ground beef, drain fat. Add beans, Rotel, corn and dry mixes. Stir until well mixed together. Bring to a boil, reduce heat and simmer about 15 minutes.

Pat Phillips

EASY STRAWBERRY CREAM PIE ②

½ (12 oz. can) frozen orange-
strawberry-banana juice
concentrate, thawed
1 (8 oz.) pkg. fat-free cream cheese
1 small pkg. sugar free instant
vanilla pudding mix

1½ C. light whipped topping
1 C. strawberries, chopped
One reduced-fat graham cracker
crust

In blender or food processor, combine juice concentrate, cream cheese, and pudding mix; process until smooth. Transfer to pie crust; spread evenly. Cover and refrigerate until firm, at least 2 hours.

Pat Phillips

GARDEN SOUP - MEXICAN

2 lb. broccoli-cauliflower & carrot mixture
3 cans fat free chicken broth
1 can Rotel tomatoes
8 oz. lite Velveeta cheese
Baked salsa chips

Combine vegetables with chicken broth, cook until done. Add Rotel tomatoes & blend in processor until smooth. Add Velveeta and stir. Serve with Baked Salsa Chips

Pat Phillips

HAM & CHEESE PIE

1 1/2 C. cooked lean ham, cubed
4 oz. 2 % cheddar cheese, shredded
(or may use Swiss cheese)
1/4 C. onion, diced
1/2 C. reduced fat Bisquick baking mix
1/8 tsp. pepper
1/2 C. Egg Beaters
1 C. skim milk

Heat oven to 400 degrees. Grease 9" pie plate. Sprinkle ham, cheese and onions in pie plate. Stir bisquick, milk, salt, pepper and eggs until blended. Pour into pie plate. Bake 35-40 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Pat Phillips

Roasting

Meats

Poultry

Chicken (whole) 3
5
Duck (domestic) 4
Turkey (unstuffed)

Pork

Ham, fully cooked
(bone in)
Pork loin roast
Pork ribs

Beef

Beef, rib roast
(bone in)
Eye round roast
Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat.
Test doneness at short

Proverbs 21:20 - In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.

HEARTY TURKEY BAKE ♥

1 (20 oz.) *Simply Potatoes*
Country Style Mashed Potatoes
1 C. fat free shredded cheddar
cheese, divided
6 oz. cooked turkey, shredded
1/3 C. frozen mixed vegetables,
cooked until tender, drained

1 (10 3/4 oz.) can 98% fat free cream
of mushroom soup
1/4 C. fat free milk
1/2 tsp. dry mustard
1/4 tsp. garlic powder
1/2 tsp. black pepper

Preheat oven to 375°. Spray an 8 x 8 baking dish with non-stick spray. In a mixing bowl, combine mashed potatoes & 1/2 C. of cheese. Spoon potato mixture in prepared dish. Using the back of a spoon (or your fingers) spread the potatoes across the bottom and up the sides of the dish to form a shell. In another mixing bowl, combine all remaining ingredients. Pour into potato shell. Bake for 30 minutes or until hot throughout. Serves 4.

Pat Phillips

JELLO SUPREME

1 lg. sugar-free *Raspberry Jello*, or
any fruit flavor
2 C. boiling water
1 pkg. frozen mixed berries (about
2 C.)

1 C. cold water
2 containers lite Fat-Free lemon
yogurt

Stir boiling water into Jello until dissolved. Add frozen berries. Add 1 C. cold water, stir until blended, then add yogurt and mix well. Chill until set. Top with fat free or sugar free whipped topping.

Pat Phillips

Matthew 6:11 - Give us today our daily bread.

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Roasting

Meats

Poultry

- Chicken (whole) 3
- 5
- Duck (domestic) 4
- Turkey (unstuffed)

Pork

- Ham, fully cooked (bone in)
- Pork loin roast
- Pork ribs

Beef

- Beef, rib roast (bone in)
- Eye round roast
- Tenderloin (whole)

Lamb

- Lamb (leg, bone in)

Time is based on meat
Test doneness at short

RING RANCH CHICKEN ♥

- 1 green bell pepper, chopped
- 1/2 medium onion, chopped
- 1 can Healthy Request Condensed Cream of Mushroom or Chicken soup
- 1 - 10 oz. can Rotel tomatoes
- 6 oz. cubed chicken, cooked
- 4 corn tortillas, torn into pieces
- 6 T. or 1/2 C. shredded Mexican cheese

Sauté pepper & onion in skillet with Pam. Add soup, Rotel tomatoes & chicken. In a 9 x 9" baking dish alternate layers of tortillas & soup mix. Sprinkle cheese on top. Bake at 350° for 40 minutes or until hot & bubbly.

Pat Phillips

LEMON FRUIT SALAD

- 1 - 15 oz. can chunky fruit cocktail, undrained
- 1 - 15 oz. can chunky pineapple, undrained
- 1 - 11 oz. can mandarin oranges, drained
- 1 pkg. (4 servings) fat free instant lemon pudding mix

Mix all fruit together. Stir in dry pudding mix. Mix well. Serve chilled. Serves 4. 3 points for 1 cup.

Pat Phillips

LEMONADE PIE

- 8 oz. fat free whipped topping
- 1 (1 oz.) pkg. sugar-free instant vanilla pudding mix
- 2 C. skim milk
- 1 Tub (from the carton) Crystal Light sugar-free lemonade soft drink mix
- 1/3 C. graham cracker crumbs
- 3 packets Splenda

Spray sides & bottom of a 9" pie pan with butter flavored non-stick spray. Sprinkle graham crackers in bottom & up sides evenly. Set aside. In a medium bowl, combine pudding, milk, Splenda & lemonade mix with a wire whisk until blended well. Place in refrigerator until set (about 20 min.) Fold in topping. Spread mixture evenly over graham cracker crust. Place in refrigerator for at least 2 hrs. or over night.

Pat Phillips

*P*UMPKIN PIE

- | | |
|--|--|
| <i>1 ½ C. skimmed milk</i> | <i>1 tsp. cinnamon</i> |
| <i>1 lg. (or 2 small) pkgs. sugar free instant vanilla pudding</i> | <i>½ tsp. pumpkin pie spice</i> |
| <i>1 C. pumpkin</i> | <i>1 C. lite Cool Whip (for topping)</i> |

Mix first 5 ingredients together for 30 seconds on low then 1 minute on high. Pour into graham cracker crust or baked regular pie crust. Refrigerate.

Pat Phillips

(RAISIN) BRAN MUFFINS

- | | |
|------------------------------|-------------------------------------|
| <i>2 C. bran flakes</i> | <i>1 C. skim milk or 1% milk</i> |
| <i>1 egg</i> | <i>¼ C. vegetable or canola oil</i> |
| <i>⅓ C. sugar</i> | <i>2 T. orange zest</i> |
| <i>1 tsp. orange extract</i> | <i>1 C. flour</i> |
| <i>1 T. baking powder</i> | <i>⅓ C. raisins, optional</i> |

Combine all ingredients except flour & baking powder. Mix well. Stir in flour & baking powder, stirring until well blended. Spray a muffin tin & spoon into 10 muffin cups. Bake at 400° for 16-18 minutes. (You can use raisin bran cereal & omit the ⅓ C. raisins)

Pat Phillips

*S*KINNY COWS ☺

- | | |
|---|--|
| <i>1 low-fat or fat-free graham cracker crust</i> | <i>1 Tub low-fat or fat-free whipped topping</i> |
| <i>1 box Skinny Cows ice cream cups w/ fudge</i> | <i>Strawberries (optional)</i> |

Remove the plastic cover from pie crust and save. Open all containers of Skinny Cow ice cream cups, slightly thawed and soft. Spread evenly in pie. Add whipped topping over ice cream. Add sliced strawberries. Cover with saved plastic cover. Freeze until firm. Let stand for approx. 10 minutes before slicing and serving.

Pat Phillips

SNICKER BAR ☺

1 pkg. Diet Swiss Miss Cocoa
1 T. smooth peanut butter

1 banana
¼ C Grape Nut Cereal

Put all ingredients in a blender. After mixing, divide into 2 servings by putting half of the mixture on one piece of aluminum foil then fold edges up over bar to keep fresh. Do the same to form other bar. Now put both in freezer for an anytime snack.

Pat Phillips

STRAWBERRY PIE

PIE CRUST

¾ C. flour
3 T. soft whipped diet margarine
(tub style)

2 T. powdered sugar

Spray 9" pie pan with cooking spray. Mix crust ingredients with a fork and press into prepared pie plate. Bake crust at 350° until golden brown (10 to 14 minutes). Cool crust 10-15 minutes before adding filling.

FILLING

3 C. fresh strawberries
1 sm. pkg. strawberry sugar-free
Jello

1 C. water
1 T. cornstarch
3 pkgs. Equal Sweetner

Slice strawberries into medium size mixing bowl. Sprinkle the Equal over sliced strawberries and stir, being careful not to break up the berries. Let stand while preparing the rest of the filling. Mix jello, water and cornstarch in saucepan. Cook over medium heat until thick and clear. Let sit 3-5 minutes and then add strawberries. Stir carefully and turn into pre-baked pie crust. Cool at least 1½ hours before serving. Cut into 6 pieces.

Pat Phillips

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1 tsp. dry
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Roasting

Meats

Poultry

Chicken (whole) 3
5
Duck (domestic) 4
Turkey (unstuffed)

Pork

Ham, fully cooked
(bone in)
Pork loin roast
Pork ribs

Beef

Beef, rib roast
(bone in)
Eye round roast
Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

*T*ACO SOUP (CROCKPOT)

15 oz. pinto beans, rinsed and
drained
15 oz. kidney beans, rinsed and
drained
8 oz. tomato sauce

28 oz. crushed canned tomatoes
15½ oz. canned corn
1 envelope taco seasoning
1 envelope Hidden Valley Ranch
dressing

Mix all ingredients together in crockpot. Cook on low heat for 4 hours. Serve and enjoy! This is very filling and yummy.

Pat Phillips

*W*ENDY'S FROSTY CLONE ②

1 C. skim milk
2 T. sugar free instant pudding
1 tsp. vanilla

8-10 ice cubes (the more you use
the thicker it gets)

Put all ingredients in a blender. Blend on high. Makes 1 serving.....2pts.

Pat Phillips

Matthew 6:17-18 - But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Recipe Favorites

Con

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- 1 c. ca
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Roasting

Meats

Poultry

- Chicken (*whole*) 3
- 5
- Duck (*domestic*) 4
- Turkey (*unstuffed*)

Pork

- Ham, fully cooked
(*bone in*)
- Pork loin roast
- Pork ribs

Beef

- Beef, rib roast
(*bone in*)
- Eye round roast
- Tenderloin (*whole*)

Lamb

- Lamb (*leg, bone in*)

Time is based on meat
Test doneness at shor

Children's Favorites



Keegan Greever, age 4

Tips for a Lifetime

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Roastin

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Lamb (leg, bone in)

Time is based on mea
Test doneness at shov

- Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
- Use a meat baster to "squeeze" your pancake batter onto the hot griddle—perfect shaped pancakes every time.
- To keep potatoes from budding, place an apple in the bag with the potatoes.
- To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling.
- Run your hands under cold water before pressing Rice Krispies treats in the pan. The marshmallows won't stick to your fingers.
- To get the most juice out of fresh lemons, bring them to room temperature under your palm against the kitchen counter before squeezing.
- To easily remove burnt-on food from your skillet, simply add a drop or two of dish soap and enough water to cover the bottom of the pan, and bring to a boil on the stove top—the skillet will be much easier to clean.
- Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces—no more stains.
- When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead—no white mess on the outside of the cake.
- If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato—it absorbs the excess salt for an instant "fix me up."
- Wrap celery in aluminum foil when putting in the refrigerator—it will keep for weeks.
- Brush beaten egg white over a pie crust before baking to yield a beautiful glossy finish.
- Place a slice of apple in hardened brown sugar to soften it back up.
- When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.
- Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
- Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces.
- To get rid of itch from a mosquito bite, try applying soap on the area.

Children's Favorites

ALFALFA SPROUTS

2 tsp. alfalfa seeds (the kind you grow not plant) 1 C. water

Place seeds in a jar. Cover with water & soak over night. Cover the top with a paper towel to cut out most of the light. Rinse twice a day & drain well. On the third or fourth day expose to light. The sprouts are ready for eating on the fourth or fifth day. Put in the refrigerator to keep fresh. Serve as a salad vegetable.

Larry E Sorensen

BROWNIE BITES

1 box brownie mix ¼ cup water
1 egg

Mix all ingredients. Roll into small balls. Roll balls in powdered sugar. Bake at 350° for 10 min.

Mrs. Wayne (Ronnie) Buskirk

Matthew 7:9-11 - "Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"

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Roastin

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Duck (domestic)

Turkey (unstuffed)

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Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on mea
Test doneness at shor

CHEESY SALSA MINI MEATLOAVES

1 lb ground beef
1/2 cup finely chopped onions
1 egg
12 saltine crackers, finely crushed
(about 1/2 cup)

1 1/2 cups Mexican style finely
shredded Four Cheese, divided
1 cup Thick "N Chunky Salsa,
divided

Preheat oven to 400°. Mix ground beef, onions, egg, and cracker crumbs with 1 cup cheese and 1/2 cup salsa. Press into 12 muffin cups sprayed with cooking spray. Use back of spoon to make indentation in center of each. Place muffin pan on foil-covered baking sheet. Bake 20-25 min. or until meatloaves are done (160°). Top with remaining salsa and cheese; bake 3 min. until cheese is melted. Serves 6.

Hanna Hartung

CHOCOLATE COCONUT CANDY BALLS

CANDY

3/4 cup mashed potatoes
1 lb. flaked coconut
1 lb. powdered sugar (4 3/4 cups
sifted)

1 tsp almond extract
Chocolate coating

Combine all ingredients and drop by teaspoonful on waxed paper. Roll into balls. Refrigerate 1/2 to 1 hour.

CHOCOLATE COATING

6 oz. chocolate chips
4 squares chocolate
1/3 paraffin bar

Place chocolate chips, chocolate and paraffin in double boiler and melt over hot water. Dip balls in coating and place in refrigerator to harden. Store in tightly sealed container.

Hanna Hartung

CRACKER JACKS

¼ C. margarine or butter
½ C. honey

6 C. popped corn
1 C. peanuts

In a sauce pan heat over low heat, the honey & margarine just until blended. In large bowl mix popcorn & peanuts. Add sauce & stir. Spread mixture into two large pans. Bake at 350° for 7 to 10 minutes. When cool, stir & eat.

Larry E Sorensen

DOUBLE PEANUT CLUSTERS

1 pkg. (6 oz.) butterscotch pieces
½ cup cream style peanut butter

1½ cups whole salted peanuts

Melt butterscotch pieces and peanut butter in top of double boiler over hot, not boiling water, or melt by using the Microwave oven. Add nuts. Stir until well blended. Drop by teaspoonfuls onto wax paper or foil lined cookie sheet. Chill until firm. Makes about 3 dozen.

Hanna Hartung

FRUIT SALSA ②

1 cup diced strawberries
1 banana diced
1 kiwi, peeled and diced
1 apple, core and diced

2 Tbs lemon juice
¼ cup sugar
¼ tsp cinnamon
¼ tsp nutmeg

Remember to wash your hands! 1. Combine fruits in a medium mixing bowl and add lemon juice. 2. Stir in sugar, nutmeg, and cinnamon. Mix well. 3. Refrigerate until serving time. Helpful Hints: Lemon juice keeps fruit looking fresher and diced apples and bananas from turning brown. If you don't have lemon juice, try adding pineapple juice to the fruit in this recipe. Serve with cinnamon chips.

Note: We learned to make this in third grade. We get 5 fruits in a day with this salsa.

Hanna Hartung

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Roasting

Meats

Poultry

Chicken (whole)

Duck (domestic)

Turkey (unstuffed)

Pork

Ham, fully cooked
(bone in)

Pork loin roast

Pork ribs

Beef

Beef, rib roast
(bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

FUN PEANUT BUTTER FUDGE ②

4 sticks margarine 2 tsp. vanilla
1 18 oz. jar crunchy peanut butter 2 lb. powdered sugar

Melt together margarine and peanut butter over low heat. Once melted and mixed, remove from heat and add vanilla. Turn off heat. Mix well. Add powdered sugar. Mix well. Spread over a sheet pan and refrigerate until firm, about 15 minutes. 24 servings.

Note: This recipe is so easy, kids can help make it!

Hanna Hartung

Mock BUTTERFINGER CANDY

BARS

1 lb. powdered sugar 2 C. crunchy peanut butter
1 stick soft butter 3 C. Wheaties

Pour all ingredients in a large bowl. Mix with your hands. Roll into small balls & refrigerate for 1 hour. Drop balls into chocolate dipping mixture & coat. Put balls on buttered wax paper to cool. Can be frozen.

DIPPING

12 oz. chocolate chips 1/3 stick paraffin

Melt chips & paraffin in double boiler or microwave (slowly on low heat, stir to avoid burning). Blend smooth. Drop balls into chocolate dipping mixture & coat. Put balls on buttered wax paper to cool.

Note: Faith made these a lot when she was in Junior High especially at Christmas time.

*Faith Phillips
Pat Phillips*

No BAKE ORANGE COOKIES

1 box vanilla wafers, crushed 1 lb. powdered sugar
1 stick of butter, softened 1 small can frozen orange juice

Mix well. Roll into small balls. Roll in coconut. Chill. Serve.

Larry E Sorensen

*P*EANUT BUTTER CANDY

1 C. *peanut butter*
1 C. *corn syrup*

1 ¼ C. *powdered milk*
1 ¼ C. *powdered sugar*

First Mix It! Roll it into Little Balls! Then Eat It!

Note: Great for Mom & Grandmom's to make with little children.

Pat Phillips

*P*IZZA PUFFS

1 can of 8 *biscuits*
3 Tbs *pizza sauce*
½ cup *mozzarella cheese*
5 Tbs *garlic spread*

Pam Cooking spray
paper muffin cups
8 *pepperoni slices*

Place muffin cups into muffin pan. Cut your biscuits vertically so that you have a top and bottom. Spray your muffin cups with Pam so they will not stick. Press one biscuit half into the muffin cup pressing it up the side of the muffin cup. Take your pizza sauce and drop it into the biscuit bottom. Then add your pepperoni slice to each muffin cup. Sprinkle your cheese on top of the pepperoni. Place the other half of biscuit on top each muffin, drop a small amount of the garlic spread on top of each muffin. Bake at 350° for 10-12 minutes. These are delicious.

Hanna Hartung

*P*ORCUPINES

1 ½ C. *creamy peanut butter*
3 ¾ C. *sweetened condensed milk*

½ C. *confectioners sugar*

Mix all thoroughly in a bowl until well blended. It will stiffen. Divide into 36 pieces & shape into balls. Then roll in finely chopped peanuts. Chill before eating.

Larry E Sorensen
Jaidyn & Dakota
(Great Grand-daughters)

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Roasting

Meats

Poultry

Chicken (whole)

Duck (domestic)

Turkey (unstuffed)

Pork

Ham, fully cooked
(bone in)

Pork loin roast

Pork ribs

Beef

Beef, rib roast
(bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

PUMPKIN PANCAKES

2 cups flour
1 Tbs. baking powder
1/2 tsp. salt
2 Tbs. sugar
1 tsp. pumpkin pie spice

2 eggs
1 3/4 cup milk
3 Tbs. melted butter plus 1 Tbs.
for frying
1/2 cup canned pumpkin

Sift together the flour, baking powder, salt, sugar, and pumpkin pie spice in a large bowl. In a medium bowl, whisk the eggs and milk. Add 3 Tbs butter and the pumpkin to the wet ingredients and whisk together. Pour the mixture over the dry ingredients, and stir just until blended, a few lumps are okay. Heat 1 Tbs butter on a griddle over medium-high heat. Then pour 1/4 cup of batter for each pancake. When the pancakes begin to bubble on top, flip and cook until brown on the other side. Serve with butter and syrup.

Note: My class made these pancakes in school when I was in 3rd grade. UMMM they are sooooo good!

Hanna Hartung

PUP-TENT PIE

1/2 pound hot dogs, sliced
1 can (15 oz.) pork and beans
1 can (8 oz.) tomato sauce
3 Tbs. packed brown sugar
1 1/2 cup flour

2 tsp. baking powder
1/2 tsp. salt
3/4 cup water
3 Tbs. margarine or butter, melted

Heat oven to 450°. Stir hot dogs, pork and beans, tomato sauce and brown sugar in 9" square pan until mixed. Bake about 15 minutes or until bubbly. Stir other ingredients in medium bowl until a soft dough forms. Drop dough by spoonfuls onto hot dog mixture. Bake 15-20 minutes or until dumplings are golden brown.

Note: This is a recipe from Sadie's first cooking class. Sprinkle your favorite shredded cheese over this dish before serving.

Sadie Liby

*S*NOW ICE CREAM

2 eggs
 $\frac{1}{2}$ cup sugar
1 tsp vanilla

$\frac{1}{2}$ cup milk
clean snow

Beat eggs and add all other ingredients in a bowl. Add snow and stir. Keep adding snow until ice cream consistency.

Note: A fun activity to do with children after a snow.

Hanna Hartung

*S*NOWBALLS

$\frac{1}{2}$ C. real butter
2 T. honey
1 tsp. vanilla

1 C. flour
1 C. pecan pieces
 $\frac{1}{4}$ C. confectioners sugar

Heat oven to 350°. Put the butter & honey in a mixing bowl & beat with electric mixer. Add all the other ingredients except the sugar. Mix well with a mixing spoon. Using your hands shape into small 1-inch balls & place them 1-inch apart on a cookie sheet. Bake for 12 to 14 minutes or until set & just beginning to turn brown. When done, remove from the oven & let cool slightly. Put confectioners sugar in a bowl or on a plate & roll the cookies in the sugar until they are coated white.

Larry E Sorensen

Hebrews 5:13-14 - Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

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Roasting

Meats

Poultry

Chicken (whole)

Duck (domestic)

Turkey (unstuffed)

Pork

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(bone in)

Pork loin roast

Pork ribs

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(bone in)

Eye round roast

Tenderloin (whole)

Lamb

Lamb (leg, bone in)

Time is based on meat
Test doneness at short

TRASH BAG MIX

1 bag bagel bites
2 bags bugles
2 boxes Honey Nut Cheerios
1 box Cheese Nibs
1 bag Cheese Balls
1 jar honey roasted peanuts
1 bag gold fish

2 cans mixed nuts
1 bag braided pretzels
1 bottle Orval Reddenbacher
popcorn oil
2½ Tbs garlic powder
1Tbs onion powder

Put all dry ingredients in a trash bag. Mix seasonings and oil and pour over the dry ingredients. Rotate the bag several times during the next 24 hours. Divide the mix into containers. You may serve after 24 hrs. Freezes well. Yum. Yum.

Note: This recipe makes a large quantity of party mix. It makes great gift bags and also treats for school children which they love. My classmates often ask me to bring some more to school.

Hanna Hartung

Upside Down PIZZA

1 lb. ground beef
⅓ cup chopped onion
1 15 oz. can spaghetti sauce
1 cup milk
1 Tbs. oil
1 egg

¼ tsp. salt
1 cup biscuit mix
⅓ cup parmesan cheese
mozzarella cheese
cheddar cheese

Brown ground beef and onion. Drain grease. Add spaghetti sauce and simmer while preparing crust. In a small bowl combine egg, milk and oil. Stir in biscuit mix and salt. Spread meat mixture in the bottom of a 9 x 13" greased pan. Sprinkle Mozzarella cheese over meat. Then pour crust mixture over all evenly. Sprinkle with parmesan cheese and cheddar cheese. Bake 25 to 30 min. at 350°. Cut into squares and serve.

Hanna Hartung

This and That



Raven Schmidt, age 12

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Lamb (leg, bone in)

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Test doneness at short

Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it “spices.” It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

This & That

*H*OME MADE BOLONEY

2 lb. ground beef
1 C. water
1 tsp. mustard seed
1/8 tsp. garlic powder

1/4 tsp. liquid smoke
2 T. Morton Tender Quick salt
(other kinds won't work)

Combine all ingredients & mix well. Shape into three equal logs. Wrap in foil & refrigerate for 24 hours. Remove foil & place on broiler pan. Bake in oven at 300° for 60 to 70 minutes. Remove from oven & cool completely in refrigerator. Slice & serve on crackers.

Larry 'E Sorensen

*H*ONEY ALMOND BUTTER ☺

1 cup butter, softened
1/4 cup honey

1 Tbs brown sugar
1/2 tsp almond extract

In small bowl, beat butter, honey, brown sugar and extract until light and fluffy. Transfer to a sheet of plastic wrap, roll into a log. Refrigerate until chilled. Unwrap and slice or place on a butter dish. Yields 1 1/2 cups.

Pat Phillips

Matthew 13:47-48 - "Once again, the kingdom of heaven is like a net that was let down into the lake and caught all kinds of fish. When it was full, the fishermen pulled it up on the shore. Then they sat down and collected the good fish in baskets, but threw the bad away."

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Lamb (leg, bone in)

Time is based on ma
Test doneness at sh

SUMMER SAUSAGE

2 lb. ground beef

1 C. water

1½ tsp. liquid smoke (choice)

⅓ tsp. garlic powder

½ tsp. onion powder

1 T. mustard seed

3 T. Quick Tender Meat Curing
salt

Mix seasonings with a cup of water. Pour over meat. Mix well with hands. Form into 3 summer sausage rolls. Wrap in foil, shiny side in. Refrigerate for 24 hrs. Punch holes in bottom of foil and place on rack with pan under rolls to catch drippings. Bake 325° for 1 hour & 15 minutes. Remove and place on cooling rack. Enjoy.

Larry E Sorensen

TACO SEASONING MIX

4 tsp. instant minced onion

2-4 tsp. chili powder

2 tsp. salt

½ tsp. oregano

1 tsp. cornstarch

1 tsp. crushed red peppers

1 tsp. instant minced garlic

1 tsp. ground cumin

Mix all ingredients in a covered jar. Store in cool dry place. Use within 6 months for the best flavor. Enough for 20 tacos.

Donita Harris

CANNING

CANNED RED BEETS

1 cup sugar

1 cup vinegar

3 cup water

2 tsp salt

Pour over cooked, peeled beets. Bring to boil and can. This is enough liquid for 6 pints.

Norma Hartung

*F*REEZER CORN †

36 ears or 4 qts cut corn
1 lb. butter
1 pt.. half & half

1 cup sugar (optional)
A little salt (optional)

Cut corn off cob, put in 2 roasting pans. Add butter and half & Half. Bake at 325° for 1 hour. Stir every 15 minutes. Cool on ice until room temperature. Bag and freeze. Note: one cup sugar and a touch of salt may be added to corn if you wish.

Note: Dad raised sweet corn for many years for sale and let his grandchildren help him (the kids got all the money raised from the sweet corn sales). He used this recipe to preserve corn for winter use. It is delicious.

*Vernon Schmidt
Norma Hartung*

*F*ROZEN GREEN BEANS †

*Fresh Green Beans
ice*

Turkish towel

Schnitzel beans (cut beans on a slant in 1" pieces). Bring a pot of water to a boil, Put beans in pot and blanch for 3 minutes. Drain beans. Immerse beans in ice water. When beans are cool, place beans on a Turkish towel and pat dry. Put beans in bags or a freezer container and freeze.

Note: Preparing beans this way, your beans are very tender and do not have a straw taste when cooked.

*Lydia Schmidt
Norma Hartung*

Guided by my heritage of a love of beauty and respect for strength - in search of my mother's garden, I found my own.

- Alice Walker

*S*ECRETS OF STOCK MAKING

Meat: Cut-up chicken, back bones, wings giblets, etc *celery. Use your Culinary Imagination.*

OR Try Beef stew meat, soup bones, peeled tongue, ox tail, etc

Seasonings: Cracked pepper, fresh thyme sprigs, bay leaf, fresh parsley,

Place meats in stockpot. Add cold water to cover (about 2½ qt.). Slowly bring to a simmer. As liquid starts to simmer, scum rises to the surface. Remove with a large spoon. Add salt, vegetables and chosen seasonings in a cheese cloth bag tied with string (I just use a paper clip). Reduce your heat, partially cover and simmer about 4-5 hours. Add water to keep vegetables covered. DO NOT allow liquid to boil or stock will become cloudy. Strain stock, Refrigerate overnight. Remove fat. Taste stock and adjust seasoning as desired.

Note: All good soups begin with a good base called stock. You may wish to add more meat and spices to the stock and thin for a flavorful broth before beginning your favorite soup.

Larry E Sorensen

*S*PAGHETTI SAUCE

3 lbs ground beef

1½ cup chopped onion

3 tsp salt

1½ tsp pepper

½ cup brown sugar

3 cloves garlic, finely cut

3 qts. canned tomatoes

1½ tsp paprika

3 bay leaves, crumbled

Brown ground beef, onion and garlic. Put tomatoes through sieve. Add all ingredients and cook about 30 minutes. Freeze in Zip Lock bags or process pints for 75 minutes, quarts for 90 minutes at 10 pounds pressure. This recipe can also be used for chili.

Norma Hartung

V-8 JUICE †

(Tomato Cocktail)

*1/2 bushel tomatoes
2 large onions
1 bunch celery
2-3 whole cloves garlic*

*1/2 cup salt
1 cup sugar (more if desired)
juice of 3 lemons*

Wash and cut vegetables. Cook until done. Run through a sieve or use a food processor to purée. Add the remaining ingredients. Mix well, fill jars, and process in water bath 15 to 20 minutes. Makes 12 qt.

Note: Every fall Dad made a batch or 2 of V-8 juice to can and have on hand to add to vegetable soup during the winter months. It was very tasty.

*Vernon Schmidt
Norma Hartung*

JELLIES - JAMS & PRESERVES

APPLE BUTTER

*Cooking apples
sugar
water
stick cinnamon*

*cloves (optional)
allspice (optional)
1/4 cup. vinegar per 4 qt apple pulp*

Wash apples, core and stem. Put enough water in pot to cook apples until they are soft. Drain juice. Rub apples through a sieve. Add 1/2 as much sugar as there is pulp, add spices and 1/4 cup vinegar per 4 qt apple pulp. Simmer slowly until the pulp is heated through. Watch closely, as the apple butter will easily scorch. (I have put mine in a roasting pan, stirring occasionally and put in the oven at 250° till heated through). Ladle into jars and complete canning process.

Norma Hartung

*F*ROZEN STRAWBERRY JELLY

2 cups crushed strawberries
4 cups sugar

$\frac{3}{4}$ cup water
1 box pectin

Mix together strawberries and sugar in a bowl. Bring water and pectin to a boil. Boil 5 minutes. Add pectin to strawberries and stir 3 minutes. Pour into jars and screw lids on tightly. Let set at room temperature for 24 hours, then put in freezer. Makes 2 to 3 pints.

Norma Hartung

*G*RAPE JELLY

3 cans (6 oz, size) grape juice,
frozen
 $6\frac{1}{2}$ cup sugar

$2\frac{1}{2}$ cup water
1 bottle Certo pectin

Put sugar and water in a 8-quart kettle. Place over high heat. Bring to a full rolling boil, stirring constantly. Boil hard 1 minute. Remove from heat and stir in 1 bottle Certo pectin and grape juice. Pour into scalded glasses and seal with paraffin. 12 (6 oz) glasses.

Norma Hartung

*N*INE-MINUTE APRICOT JAM

4 cups apricots
1 Tbs lemon juice

5 cups sugar
 $\frac{1}{2}$ tsp pineapple flavoring

Chop apricots. Add lemon juice. Cook 3 minutes stirring constantly. Add 3 cups sugar, and cook 3 more minutes. Add remaining 2 cups sugar and again cook 3 minutes. Stir well as this scorches easily. Remove from heat and stir in flavoring. Cool until fruit no longer floats. Spoon into sterilized glass jars or jelly glasses and seal with paraffin.

Norma Hartung

*P*EAR HONEY

12 cups white sugar
6 cups peeled, ground, fresh pears
with juice

2 pkgs. Pen-Jel
 $\frac{1}{2}$ cup lemon juice

Measure sugar into bowl and set aside. Mix pears and Pen-jel in a heavy large kettle. Stir to prevent burning. Bring to a good boil. Add sugar and lemon juice. Bring to a hard boil and boil 3 minutes; stirring continuously. Pour into sterilized jars and seal with paraffin.

Norma Hartung

*R*HUBARB - STRAWBERRY JELLY

7 C. rhubarb
1 C. water

1 qt. fresh strawberries
1 pkg. (2½ oz.) powdered pectin

Cut rhubarb into small pieces. Place in saucepan with the water & cover. Bring to a boil. Simmer until tender (5 - 8 minutes). Mash strawberries & put in a jelly bag (cheese cloth) along with the cooked rhubarb. Let juice drip into a bowl to measure 4 C. of juice. (You can twist the bag tight to squeeze out juice.) Mix juice & pectin together in a sauce pan. Place over high heat & stir until mixture comes to a hard boil. Stir in sugar & bring to a rolling boil. Boil for 1 minute stirring constantly. Remove from heat & skim foam off with a metal spoon. Pour into sterilized jars, leaving $\frac{1}{2}$ " at top of each jar. When jelly begins to set seal with $\frac{1}{4}$ " paraffin. Cool & cover the jar with lids.

Larry E Sorensen

*S*TRAWBERRY JAM

6 cups strawberries

6 cups sugar

Wash strawberries. Remove stems. Measure 2 cups berries and 2 cups sugar into heavy saucepan. Simmer for 8 minutes. Add 2 more cups of berries and 2 more cups of sugar and simmer for 8 more minutes. Lastly, add 2 more cups of the finest, plumpest berries and the last 2 cups of sugar. Continue simmering for 8 more minutes. Ladle into sterilized jelly glasses, top with melted paraffin. Do not double the recipe. Several "batches" may be simmering on the stove at a time, but do not try to add more to each kettle than given in the directions.

Norma Hartung

PICKLES & RELISH

CRANBERRY RELISH

- | | |
|---|--------------|
| 1 orange (may use peeling) | 2 cups sugar |
| 1 lb. cranberries | |
| 6 med. apples (unpeeled but
remove core) | |

Put all ingredients in food chopper or food processor. Mix in sugar. Put in a covered jar. Refrigerate 2 days before serving. A great do ahead condiment. Freezes well. A delicious way to prepare cranberries.

Note: Recipe was given to me by my grandmother many years ago.

Norma Hartung

CUCUMBER RELISH

- | | |
|---|--------------------|
| 5 cups ground cucumbers | 1½ qt water |
| 3 cups ground onion | 1 qt vinegar |
| 3 cups ground celery | 3 cups sugar |
| 4 ground peppers (2 red and 2
green) | 1 tsp mustard seed |
| ¾ cup salt | 2 Tbs celery seed |

Mix cucumbers, onion, celery, peppers, salt and water. Let stand overnight. In the morning, drain well. Mix the remaining ingredients and pour over the ground vegetables. Bring to a boil and simmer 10 minutes. Dip in jars and seal.

Norma Hartung

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there.

- Indira Gandhi

GREEN TOMATO PEPPER RELISH †

1 gallon green tomatoes
2 medium onions
4 large green peppers
2 large red peppers
½ C. salt

1 tsp. mixed pickling spices
3 C. vinegar
1 C. water
2 C. sugar

Wash, chop and mix vegetables discarding onion peel and pepper seeds. Add salt and let stand for several hours or overnight. Drain liquid and discard. Tie spices in a bag, (coffee filter twisted closed and secured with a paper clip works well) combine all ingredients and simmer for 30 minutes. Ladle boiling hot mixture into hot sterilized jars, seal at once. Makes 5-6 pints.

Henrietta Sorensen
Larry E. Sorensen

MICROWAVE SWEET PICKLES ❀

½ tsp salt
¼ tsp mustard seed
1 cup sugar
¼ tsp celery seed

¼ tsp turmeric
½ cup vinegar
2 cucumbers sliced thin
1 onion sliced thin

Mix the first 6 ingredients together. Put cucumber slices, onion slices and sauce in a microwave safe bowl. Microwave for 5 minutes Stir well. Microwave for 5 more minutes. Can or store in refrigerator.

Anita Fakes

PICCALILLI

8 qt. green tomatoes
1 qt. small onions
12 green peppers
12 red peppers
3 qt. vinegar
7 cups sugar

½ cup salt (either table or pickling)
½ cup mustard seed
3 Tbs. mustard seed
1 Tbs. cinnamon
1 Tbs. allspice

Grind together tomatoes, onions, & peppers drain well, add vinegar and boil 30 mins. Drain away all liquid. Cook vegetables with 1 qt vinegar, sugar, salt, mustard seed, celery seed, cinnamon, and allspice. Simmer 3 minutes. Pack & seal in sterilized jars. Makes 12 pints.

Betty McConnell

*S*WEET DILL PICKLES

2 cups vinegar
2 cups water
3 cups sugar
2 Tbs salt

dill heads
garlic cloves
cucumbers

Heat vinegar, water, sugar, and salt all together. Put 1 bunch dill in each quart jar. Clean and wash cucumber. Slice or chunk cucumbers, however you prefer and pack in jars. To each jar add 2 or 3 buds of garlic. Pour hot liquid over the pickles and seal. Put in cooker and boil about 5 minutes. Just enough to make jars seal. Makes about 3 quarts.

Note: This is a great recipe for those who prefer a sweet pickle with a hint of dill. My family really liked these pickles. Believe it or not I used to do a lot of canning!

Norma Hartung

POETIC RECIPES

*B*UILD A CASTLE

1 shallow glass bowl (no metal)
pieces of broken brick
Porous rock
sponge
plastic flowers

4 Tbs water
4 Tbs liquid laundry bluing
4 Tbs ammonia
Food color (1 or more colors)
4 Tbs salt

Soak brick, rocks, etc. in plain water until thoroughly wet. Wring out sponge. Arrange pieces in bowl, piling on top of each other. In a glass jar, mix water, bluing and ammonia. Pour over arrangement, dampening everything. Place drops of food color and bluing on rocks. Sprinkle salt evenly over top. Within hours snowflakes begin to form. It will be beautiful in a couple days. After 2 days add 2 Tbs water and 2 Tbs ammonia, being careful to pour only in edge of bowl. When castle is large enough, stop adding the extra fluid. It will grow more each time you add. Castle fell? Don't fret! Go ahead, mess it up. Add more mixture. Do not let crystals grow beyond bowl. Wipe off with damp tissue. Use your imagination. Cover some rocks with bluing before adding salt. This make an inexpensive and fascinating hobby for school. Only for viewing-NOT FOR EATING. Use no metal of any kind.

Norma Hartung

ELEPHANT STEW

*1 elephant
2 rabbits*

*Salt and pepper to taste
brown gravy*

Cut up elephant into small pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over a Kerosene fire for about 4 weeks at 405°. This will serve 3800 people. If more people are expected, the 2 rabbits may be added, but do this only if necessary as most people do not like to find hare in their stew.

Peg Dodge

HAPPINESS CAKE

*1 cup good thoughts
2 cups sacrifice
1 cup kind deeds*

*2 cups well-beaten faults
1 cup consideration for others
3 cups forgiveness*

Mix thoroughly. Add tears of joy, sorrow and sympathy. Flavor with love and kindly service. Fold in 4 cups of prayer and faith. Blend well. Fold into daily life. Bake well with the warmth of human kindness and serve with a smile anytime. It will satisfy the hunger of starved souls.

Bonnie Baker

HAPPY FAMILY

*1 husband
1 wife
children (several)
1 home
1 Bible for each
Generous portion of prayer
3 cups love, packed*

*1 pkg. work
1 pkg. of play together
1 Tbs. patience
1 Tbs. understanding
1 Tbs. forgiveness
1 small paddle
1 cup kisses*

Mix thoroughly and sprinkle with awareness. Bake in moderate oven of everyday life, using as fuel all the grudges and past unpleasantness. Cool. Turn out onto platter of cheerfulness. Garnish with tears and laughter.

Norma Hartung

*H*USBAND CONSERVE

*a good man
affection
oil of happiness
ounce of understanding
bushel of fun and laughter*

*Platter of strength and courage
clean shirts and collars
brush
strong cords*

Select the best man you can find and brush him carefully to rid him of any indifference. Be careful not to beat him as you would an egg or cream, for beating will make him tough and apt to froth at the mouth. Lift him gently into the home preserving kettle and tie him with strong cords of affection which are not easily broken. Do not sear him with sarcasm, for that causes sputterings which may ultimately result in spontaneous combustion. Scramble when difficulties arise. It is best to let him simmer tenderly at will, to blend tactfully with dressing and seasoning. Stuff him one hour before taking him out or before asking a favor of him. Flavor him with the oil of happiness, an ounce of understanding and a bushel of fun and laughter. Should he seem weak or troubled with feminine infatuations, smother him in onions and double your charm. Do not spoil him by over indulgence, but serve him daily on a platter of strength and courage, garnish with clean shirts and collars.

Norma Hartung

*R*ECIPE FOR MARRIAGE

*two hearts
compliments
Arguments
private jokes
dreams*

*wishes
kisses
tears
love*

Take two hearts; (Yours and his will be splendid). Mix them slowly until well blended. Pour in compliments like cream. Arguments - remove and steam, (Never stir them twice). Add private jokes and laughs for spice. Stir in mutual dreams and wishes AND sprinkle lavishly with kisses. With just a pinch of salty tears, This love should keep for years and years.

Norma Hartung

*R*ECIPE FOR WASHING CLOTHES GIVEN TO A BRIDE

(many years ago by her Grandmother)

1. Build a fire in backyard to heat kettle of rain water
2. Set tubs so smoke won't blow in eyes if wind is pert.
3. Shave one whole cake lye soap in bilin water.
4. Sort things: make three piles: 1 pile white,, 1 pile collords, and 1 pile work britches and rags.
5. Stir flour in cold water to make starch; thin with bilin water
6. Rub dirty spots on board, scrub hard, then bile;
7. Take white things out of kettle with broomstick handle, then rench, blew, and starch.
8. Spread tee towels on grass.
9. Hang old rags on fence.
10. Pore rench water in flower bed.
11. Scrub porch with hot soapy water.
12. Turn tubs upside- down

13. Now your done, go put on clean dress, smooth hair with side combs, brew cup of tee, and rest and rock a spell and count your blessings.

Norma Hartung

*T*O PRESERVE CHILDREN

large grassy field
6 children
2-3 dogs
Pinch of brook
some pebbles

flowers
blue sky
hot sun
bathtub

Take a large grassy field, one half dozen children, two or three dogs, a pinch of brook and some pebbles. Mix the children and dogs well together and put them in a field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky and bake in the hot sun. When brown, remove and set away to cool in a bathtub.

Norma Hartung

Recipe Favorites



Simply Pets



Tips for Your Pet's Diet

- **Understand that arguably, the best ratios for a healthy dog's diet are about 50% meat, 50% veggies, and no grain, wheat or other cheap fillers.** Choose pet food close to this ingredient ratio.
- **Ensure that meat meal protein sources are high in the ingredient list.** The meal is basically the pre-cooked meat, which ensures that it won't reduce down anymore during the cooking process. (It takes 5 pounds of the animal meat to make one pound of the animal meal.) Three of the first five ingredients listed on the label should be a form of protein such as chicken meal, lamb meal, venison meal.
- **Grains can be a long-term source of energy and energy storage for dogs, but they can also be used as cheap filler in order to boost the food's protein percentage.** Watch out! Any grain you feed your dog should be used in whole form so that it supplies more fiber, vitamins and minerals. The best grains for your dogs (when used in the proper percentage) are rolled oats, barley, quinoa, millet and brown rice.
- **Often, low quality dog foods will list a meat ingredient first, which will be followed by several by-products and fillers.** In this case, although meat is listed first, there are actually MORE fillers, which changes the ratio noted above.
- **A well-planned vegetarian diet can work for dogs, although dogs are carnivores by nature.** Dogs need animal protein. Would a dog naturally be vegetarian? No. Most veterinarians and holistic practitioners agree that although a dog can survive on a vegetarian diet, they may not thrive on it.
- **Be aware that while preservatives may be necessary to keep the food edible, preservatives do not have to be artificial chemicals that might be cancer-causing agents.** Avoid pet foods that use chemical preservatives BHA, BHT and Ethoxyquin. Vitamin E and Vitamin C are great preservatives that are much better for your dog.
- **Choose premium brand dog foods instead of economy brand dog foods.** The cheapest ingredients are rarely the healthiest ones.
- **Go holistic.** Holistic foods are 100% natural and 100% nutritious. They contain human-grade ingredients. To be able to market a food as "human-grade" the food has to be run through a series of trials. If the food does not pass ALL of these tests and trials it is actually illegal to put the term "human-grade" on the bag.
- **Some may consider this a rule of thumb:** If you wouldn't eat it, your dog probably shouldn't eat it either. (Think animal fat and added salt or sugar.) But there are some things you would eat that are NOT good for your dog.

Simply Pets

BABY FOOD TREATS

- | | |
|-------------------------------------|----------------------|
| 1 lg. jar baby food meat (any kind) | 1 ¼ C. powdered milk |
| 1 ¼ C. wheat germ | 2 eggs |
| | 1 (baby jar) water |

Whip eggs then blend together all remaining ingredients. Place marble size balls onto ungreased cookie sheet and bake at 350° for 20 minutes.

Larry E Sorensen

BARKING BARLEY

- | | |
|--|------------------------|
| 1 ¼ lbs. beef or chicken liver | 1 C. cooked barley |
| 1 clove garlic (can be toxic to some dogs) | 2 whole eggs |
| 2 C. wheat germ | 3 T. peanut butter |
| 2 T. whole wheat flour | 1 T. olive oil |
| | 1 tsp. salt (optional) |

Pre-heat oven to 350°. Liquefy liver & garlic in a blender, when smooth add eggs & peanut butter. Blend till smooth. In a separate mixing bowl combine wheat germ, wheat flour & cooked barley. Add processed liver mixture, olive oil, & salt. Mix well. Spread mixture in a greased 9 x 9 baking dish. Bake for 20 minutes or until done. When cool cut into pieces to accommodate your dog's size.

Larry E Sorensen

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

- Martin Luther King, Jr.

BOW-WOW BROWNIES

6 C. oats (Rolled or steel cut)	$\frac{3}{4}$ C. molasses
2 C. whole wheat flour	1 C. rice
4 eggs	1 can pumpkin
$\frac{1}{3}$ C. corn oil or olive oil	

In a large bowl, mix well all ingredients. Pat into a greased jelly-roll pan and bake at 350° for approx. 1 hour. Cool & cut into appropriate squares.

Larry E Sorensen

CHEESY CHUNKS FOR DOGS

1 $\frac{1}{4}$ C. shredded cheddar or other mild cheese	1 $\frac{1}{2}$ C. whole wheat flour
$\frac{1}{4}$ C. margarine, softened	Milk

Cream the cheese & margarine together using an electric mixer. Add flour & mix thoroughly. Slowly add enough milk to form a stiff dough. Shape dough into a ball, cover & chill for 30 minutes or more. Roll dough out onto a lightly floured surface. Cut into desired shapes. Bake at 375° for 15 minutes or until lightly golden brown & firm. Cool on wire rack.

CHEESY TREATS

(Prep Time: 15 minutes)

1 C. whole wheat flour (finely ground)	2 T. brewers yeast
1 C. cheese (shredded)	1 C. skim milk

Mix whole wheat flour, shredded cheese and brewers yeast together. Slowly blend in milk to form a dough. Place the dough on a floured surface and roll out about $\frac{1}{2}$ inch thick and cut into shapes with cutters (or make flattened balls) and place them on an ungreased cookie sheet. Bake at 350° for 20 minutes or until cookies are crisp. (NOTE: These cookies will rise) Makes 15.

Larry E Sorensen

CHICKEN KITTY TREATS

½ C. whole wheat flour
½ C. non-fat powdered milk
½ C. cooked chicken, chopped

1 T. vegetable or cod liver oil
1 egg, beaten
¼ C. water

In a large bowl, mash the chicken. Add flour & powdered milk, mix in well. Stir in water, oil & egg, mix in well. Mixture will be sticky. Shape mixture into ½ inch balls. Place on greased baking sheet. Press balls to flatten. Bake at 350° for 10 minutes. Remove from oven; let set 5 min. then turn treats over & bake an additional 10 minutes or until golden brown. Cool completely on wire rack. Store in air tight container in refrigerator.

CRANBERRY LIVER BROWNIES

(Prep Time: 20 minutes)

1 lb. beef liver
4 eggs
½ C. cranberries (preferably fresh)

2 C. whole wheat flour
1 C. cornmeal

Purée all the ingredients in a food processor. Grease two 9 inch square pans and put half of the batter into each pan. Bake at 400° for 30 minutes or until the dough springs back when touched. Cut out shapes with cookie cutters or just cut the brownies into squares. Treats should be refrigerated after cooking. Makes 30 treats.

Larry E Sorensen

FUSSY EATER

1 C. dry kibbles
1 lb. ground beef
1 C. wheat germ
1 C. hot water

¼ C. honey
¼ C. peanut oil
¼ C. Borden's Mirra-Coat

Grind kibbles in food processor or blender. Mix all ingredients together & roll into ½ " meatballs. Store in freezer. Use for treats or for weight gain.

Note: Mirra-coat is a nutrituinal supplement for pets. You can get this from pet stores.

Larry E Sorensen

*K*ITTY HEAVEN

2 cans sardines packed in oil
 $\frac{2}{3}$ C. cooked rice

2 chicken livers, cooked & drained
 $\frac{1}{4}$ C. parsley, chopped

Combine all ingredients in the food processor or blender & process just until mixture is blended. Store in refrigerator, tightly covered.

*L*OW FAT CHICKEN AND BEAN COOKIES

(Prep Time: 15 minutes)

3½ C. whole wheat flour (fine
ground)

1 C. cornmeal

$\frac{1}{4}$ C. skim milk

$\frac{3}{4}$ C. chicken stock

$\frac{1}{2}$ C. green bean purée (green bean
baby food works well)

Blend together, wheat flour and cornmeal. Whisk together the skim milk, chicken stock and green beans. Slowly add the flour mixture to the bean mix until you have formed a dough. Place the dough on a floured surface and roll out 1 inch thick and cut into shapes with cookie cutters (or make flattened balls). Place on an ungreased cookie sheet and bake at 350° for 35 minutes or until the cookie is crisp. Makes 36 servings

Larry E Sorensen

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

- Booker T. Washington

*L*UCKY-BEAR DOG FOOD

DOG FOOD

8 oz. *brown rice*
1 tsp. *wheat germ*
2 tsp. *flax seed*
2 tsp. *bran*
1 T. *rolled oats*
8 oz. *green beans, finely chopped*
1 Lg. *carrot, shaved*
12 oz. *California Medley*
vegetables, finely chopped

8 oz. *baby peas*
2 pkg. *brown gravy mix*
2 cans *low fat dog food in gravy,*
diced
3 *eggs, boiled & chopped*
(optional)
1 can *potatoes, chopped (optional)*

Rinse rice several times until all starch is removed. (Instant rice is an option). Add wheat germ, flax & bran. Prepare rice according to directions. Let cool completely. Place green beans, carrots & vegetables into food processor and chop finely. Add to peas, chopped eggs & potatoes. Mix with cooled rice. Add dog food. Make gravy according to directions & add to mixture.

SNACK CAKES

4 *eggs*

1 C. *water*

Remove canned dog food. Substitute boiled eggs for 4 raw eggs & 1 C. warm water. Mix well. Pat into muffin tins or cup cake papers to size desired. Bake at 350° until slightly firm. Bake time varies with snack size.

Note: Our dogs weight & health became an issue for us. We could not afford the Vets recommended foods so we designed our own. The Vet was happy & our dogs eat it well. You may vary the gravy or dog food for your pets taste. Try Turkey, Chicken or well drained Hamburger for more protein. It's healthy, inexpensive, contains fiber & digests well for older dogs.

Larry E Sorensen

*M*EATY DOG TREATS

6 oz. *lean ground beef*
7 tsp. *wheat germ*

3 tsp. *non-fat dry milk*
 $\frac{1}{2}$ tsp. *vegetable oil*

Pre-heat oven to 350°. In a 12" skillet cook ground beef until brown; drain. Using food processor, grind meat until fine. Combine all ingredients in a bowl. Roll into 1" balls & place on a greased cookie sheet. Press flat. Bake 20 minutes or until light brown. Transfer to wire rack to cool. Makes 24.

*M*ICROWAVE DOG DONUTS

2 C. *whole wheat flour*
 $\frac{2}{3}$ C. *beef OR chicken broth*

1 lg. *egg, lightly beaten*
3 T. *quick oats*

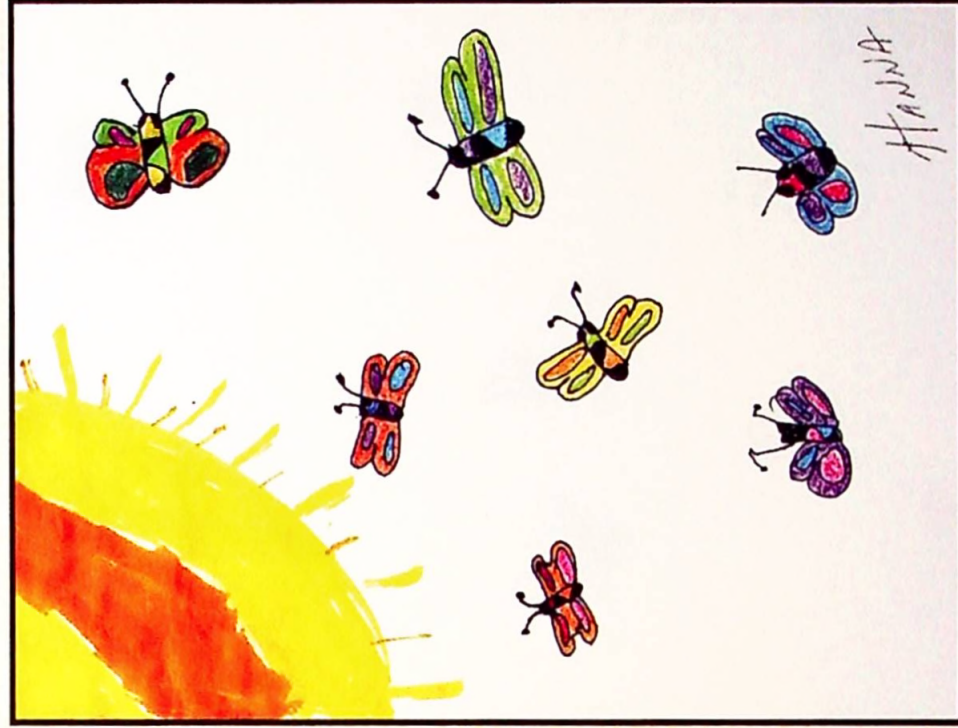
Whisk egg & broth together & add to the flour. Blend in oats. Form the dough into a ball. On a floured work surface roll dough out to $\frac{1}{2}$ " thickness. Cut out donuts & arrange in a shallow baking dish in a single layer. (Do not crowd donuts.) Microwave on HIGH for 10 minutes. Cool on wire rack.

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.

- Franklin P. Adams

"Our Daily Bread"
Cookbook 1977

Cookbook 1977



Hanna Hartung, age 12

Note:

Zion's 125th Anniversary Committee has attempted to create a memento of this milestone to commemorate our journey as a church. The following recipes have been selected as representative samples from Zion's 1977 cookbook, "Our Daily Bread." We know that there were numerous revisions to the original printing of "Our Daily Bread." Every reasonable effort has been given to verify the accuracy of those recipes selected. In some cases, obvious errors were corrected and in a few cases the directions were edited with () for clarity. It was our intention to recreate a portion of the old cookbook in memory of those who preceded us. Nearly all of the friends and family represented in the old cookbook are no longer with us. We hope that you will enjoy remembering and honoring these people in the kitchen with your family and friends, and that this "blast from the past" will provide you with a memorable cooking experience.

By reaching into Zion's past and combining it with the present we were able to create more than a half a century of cooking experience from our members. Additionally, some history and personal associations have been added. We believe that understanding Zion's family history is not only essential to preserving our history, but to preserving our future as well.

"Our Daily Bread" *Cookbook-1977*

APPETIZERS-BEVERAGES-PICKLES & RELISH

CARROT & CUCUMBER RELISH †

3 ½ C. unpeeled cucumbers
6 medium carrots
2 onions
2 tsp. salt

2 ½ C. sugar
1 ½ C. vinegar
1 ½ tsp. celery seeds
1 ½ tsp. mustard seeds

Grind together all coarsely: cucumbers, carrots and onions. Add salt and mix. Let stand 3 hours. Drain well. Bring to boil the mixture of sugar, vinegar, celery seeds and mustard seeds. Add vegetable mixture and boil 20 minutes. Then can. Makes 3 pints.

Note: Emma was Henrietta Sorensen's sister.

Emma McGill

Luke 12:22-23 - 'Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes."

*H*AMBURGER RELISH †

5 green peppers	2 T. salt
3 red peppers	2 tsp. turmeric
15 green tomatoes	3 C. vinegar
3 lg. onions	2 T. celery seed
½ C. flour	1 sm. jar French mustard
5 C. sugar	

Grind first 4 ingredients. Drain for at least 1½ hours. Get as much juice out as possible. Combine flour & sugar. Add salt, tumeric, vinegar, celery seed & mustard. Mix well. Add drained vegetable mixture to the vinegar mixture. Heat to boiling for 10 minutes. Can as per canning instructions.

Note: Dolly was one of Betty White's sisters.

Dolly Tucker

*S*OUR KRAUT RELISH †

1 - 15 oz. can sour kraut	1 medium size onion, chopped
1 C. celery, chopped	½ green pepper, chopped

Mix above together & add 1 small jar pimento. Pour over this 1 C. sugar. Let stand 24 hours in ice box.

Note: Blenda & her sister Odessa Richards loved to help out in the kitchen.

Blenda Richards

*Nothing in life is to be feared, it is only to be understood.
Now is the time to understand more, so that we may fear
less.*

- Marie Curie

ZUCCHINI SQUASH RELISH †

10 C. chopped squash
2 lg. green peppers, chopped
5 C. chopped onions
2 lg. red peppers, chopped
1 sm. can pimento, chopped
5 C. sugar
1 T. cornstarch

1 T. turmeric powder
1 T. black pepper
½ C. salt
3 C. vinegar
2 T. celery seed
1 T. nutmeg

Mix squash, onions, green and red peppers well; add about 1 to 1½ cups salt and let set over night. Drain and wash well in cold water. Mix together pimento, sugar, cornstarch, turmeric powder, black pepper, salt, vinegar, celery seed, and nutmeg. Add to squash mixture. Bring to a boil. Cool about 20 minutes. Pack in hot jars. Makes about 8 pints.

Note: Nora invited members to her home for Bible Study. Her husband was Accolyte coach for many years. Her daughter, Judy, played the organ at Zion.

Nora Schlatter

SOUPS-BREADS-SALADS & SAUCES

7-UP FRUIT SALAD

2 C. 7-up
2 pkg. lemon Jello
1 (20 oz.) can pineapple, drained

1 C. small marshmallows
2 lg. bananas

Dissolve lemon Jello in 2 cups boiling water. When Jello is partially set, add remaining ingredients. Pour into 9x12 inch pan and chill.

Marvel Huskinson

*Love has nothing to do with what you are expecting to get,
only with what you are expecting to give, which is
everything.*

- Katherine Hepburn

CARROT BREAD †

3 cups carrots (grated or ground)	4 eggs
1½ cup Wesson oil or melted butter	2 cups sugar
2 tsp. cinnamon	½ tsp. salt
2 tsp. soda	4 cups flour

Cream oil, sugar and eggs. Add the other dry ingredients to first mixture and mix well. Add carrots. Bake at 350° for 1 hour, plus. Makes 2 loaves. Grease pans with shortening (do NOT use oil).

Note: Mabel's sister was Maxine Shoberg Sours & Maxine Stevers Aunt.

Mabel Shoberg

FRENCH DRESSING

1 can tomato soup	2 tsp. salt
¼ C. sugar	1 tsp. mustard
⅔ C. vinegar	2 T. Worcestershire sauce
½ C. oil	2 T. grated onion
⅛ tsp. pepper	1 clove of garlic

Mix thoroughly all ingredients together with electric mixer & store in glass container. Blender Method: Put ingredients in blender on highest speed for 1 minute.

Sharon Epperson

Psalm 104:14-15 - He makes grass grow for the cattle, and plants for man to cultivate - bringing forth food from the earth: wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

*H*AMBURGER SOUP †

¼ lb. oleo
1 cup flour
½ tsp. pepper
2 tsp. Accent
2 tsp. Kitchen Bouquet
1 qt. + 1 cup water
¾ lb. hamburger, cooked and drained

½ cup chopped celery
½ cup chopped carrots
½ cup chopped onions
1 pkg. frozen vegetables (12 oz. minus potatoes)
8 oz. can tomatoes
1 Tbs beef base

Parboil onions, celery and carrots. Melt oleo. Add flour and place over heat. Add water and stir until thickened. Cook 1 minute. Add Accent, pepper, beef base, tomatoes, and cook 1 minute. Add Kitchen Bouquet and rest of vegetables and cooked meat. Cook on medium heat for 30 minutes.

Note: This soup may be frozen for later use.

Lois Lockman

*H*AMBURGER-VEGETABLE SOUP †

1 lb. ground beef
1 C. chopped onion
1 C. diced potatoes
1 C. sliced carrots
1 C. shredded cabbage
1 C. sliced celery
2 - 1 lb. cans tomatoes (4 C.)

¼ C. rice
3 C. water
3 tsp. salt
¼ tsp. basil
¼ tsp. thyme
1 bay leaf

Cook ground beef & onion together until all the pink has disappeared & the meat is lightly browned; drain off excess fat. Add the remaining ingredients & bring the mixture to a boil. Cover & simmer for 1 hour. Yields: 9 Cups.

Note: Goldie was Norma Greever's Mother.

Goldie Stokes

*L*IME-CREAM CHEESE SALAD †

1 pkg. lime Jello

½ C. hot water

1-8oz. pkg cream cheese

1 C. half & half

1 C. crushed pineapple

Dissolve Jello in hot water. Mix cream cheese with half & half. Beat till smooth. Add to Jello. Add 1 cup pineapple (not drained). Refrigerate till set.

Note: Margaret played the organ for Sunday services at Zion for a number of years. She also was a big part in Zions' Annual Chicken/Noodle Dinners. She was Jeri's mother.

Margaret Wells

*Q*UICK SALAD †

*1 - 16 oz. small curd cottage
cheese*

1 can fruit cocktail, drained

1 pt. whipped topping

1 - 3 oz. pkg lemon Jello

Combine cottage cheese, fruit cocktail & whipped topping. Sprinkle Jello on top. Mix & refrigerate until set.

Margaret Wells

*T*HE MAYOR'S SALAD †

1 can cream of asparagus soup

½ C. water

1 (3 oz.) pkg. lime gelatin

1 (8 oz.) pkg. cream cheese (cubed)

½ C. mayonnaise

1 C. chopped celery

¼ C. chopped green peppers

1 T. chopped onion

Bring soup and water to a boil, stirring constantly. Add dry gelatin, cubed cheese and mayonnaise. Beat with hand beater until smooth. Fold in celery, green pepper and onion. Pour into an 8 inch sq. pan and chill until set. Serve on lettuce with snack crackers.

Nora Schlatter

*Y*UMMY HOT FUDGE SAUCE †

2 cups sugar
1 tall can (1½ cup) evaporated milk
4 squares unsweetened chocolate

¼ cup butter
1 tsp. vanilla
½ tsp salt

Boil together sugar and milk. Add chocolate. When melted, beat well until smooth and remove from heat. Stir in butter, vanilla and salt. Store in jar in refrigerator. Reheat in double boiler before serving, if you want it warm for a hot fudge sundae. May be thinned with a little milk.

Note: Ruth's husband, Chuck, was one of Zions' pastors. She was also Mother to Kathy Cline, Jim, Karl & Jon Ledin.

Ruth Ledin

MAIN DISHES

"CHICKEN GOOP"

2 to 3 lbs. chicken
4 cups uncooked noodles
¼ cup minced onion
¼ cup pimento

2 cups grated cheese
1 Tbs paprika
¼ cup green pepper, chopped
1½ cup ripe olives, chopped

Cut chicken in pieces. Boil; add salt and pepper to taste. When cooked, remove from broth and remove bones. Return meat to broth. Brown pimento, onion and green pepper in fat. Add to chicken mixture. Add paprika and noodles to chicken mixture. Cook 15 minutes. Add olives and 1 cup cheese and cook until cheese melts. Serve with remaining cheese over top. Serves 10-12.

Connie McCue

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

- William James

*H*AWAIIAN SWEET-SOUR MEAT BALLS †

MEAT BALLS

- | | |
|-----------------------------|------------------------------|
| <i>½ lb. ground beef</i> | <i>⅔ cup evaporated milk</i> |
| <i>½ cup chopped onion</i> | <i>⅓ cup flour</i> |
| <i>1 tsp. seasoned salt</i> | <i>3 Tbs shortening</i> |
| <i>⅔ cup cracker crumbs</i> | |

Combine first 5 ingredients. Mix lightly, but thoroughly. Shape into 30 balls. Roll balls in flour and brown in shortening; drain off excess fat.

SAUCE

- | | |
|---|--|
| <i>1 can (13½ oz.) pineapple chunks</i> | <i>2 Tbs lemon juice</i> |
| <i>2 Tbs cornstarch</i> | <i>1 cup coarsely chopped green pepper</i> |
| <i>½ cup vinegar</i> | <i>1 Tbs chopped pimento</i> |
| <i>2 Tbs soy sauce</i> | |
| <i>½ cup brown sugar</i> | |

Drain pineapple syrup and add water to make 1 cup liquid. Blend syrup, water and cornstarch until smooth. Stir in next 4 ingredients. Cook until clear and thick. Add pineapple, green pepper, pimento and mix all well. Add to warm meat balls. Cover and simmer 15 minutes.

Note: Alene's mother was a Brehm and her family was part of Zion's Founding Fathers. Alene directed the choir for many years.

Alene Gossage

As simple as it sounds, we all must try to be the best person we can - by making the best choices, by making the most of the talents we've been given.

- Mary Lou Retton

*M*EXICALI MEAT LOAF

MEATLOAF

1 ½ lbs. ground beef
¼ C. uncooked oats
½ C. tomato juice
1 egg, beaten

1 tsp. salt
¼ tsp. pepper
1 tsp. chili powder
2 tsp. instant minced onion

Combine first 8 ingredients thoroughly. Pack in bottom of a 9 inch baking dish. Bake at 350° for 20 minutes. Drain off excess juices.

SAUCE

3 T. butter or margarine
3 T. flour
1 tsp. salt
1 ½ C. milk

8 slices American cheese (cut up)
1 (12 oz.) can Mexicorn, drained
2 small green peppers, cut into rings

Meanwhile, melt butter in saucepan. Blend in flour and salt until smooth. Add milk; bring to a boil. Cook 1 minute. Add cheese. Stir until melted. Stir in corn. Pour topping over partially cooked meat loaf. Top with green pepper rings. Return to oven. Bake an additional 20 minutes. Cool 10 minutes before cutting. Makes 8 servings.

Lea Yakel

*O*NE-POT PORK CHOP SUPPER †

4 pork chops
½ cup water
½ tsp. salt
4 small carrots, split

1 can (10¾ oz.) tomato soup
1 tsp. Worcestershire sauce
6-8 small whole potatoes (or 3 large ones, quartered)

In skillet brown pork chops. Pour off fat. Add the other ingredients. Cover and simmer 45 minutes or until vegetables are tender.

Dolly Tucker

*O*VEN COOKED HAMBURGER IN GRAVY †

<i>1 lb. hamburger</i>	<i>1 T. fat</i>
<i>1 T. green pepper, finely chopped</i> <i>(optional)</i>	<i>3 T. flour</i>
<i>1 onion, minced</i>	<i>2 C. water</i>
<i>½ C. fine bread crumbs</i>	<i>1 T. catsup</i>
<i>¾ C. milk</i>	<i>1½ tsp. salt - dash pepper</i>

Mix hamburger, green peppers, onion, bread crumbs, milk, salt and dash of pepper. Form into eight cakes (patties) and brown on both sides in fat. Remove cakes to greased baking dish. Make gravy with fat remaining in pan, flour and water. Add catsup and seasoning to taste, with more salt and pepper. Cover and bake in moderate oven at 350° for 30 minutes.

Note: Henrietta was Larry Sorensen's Grandma.

Henrietta Sorensen

*S*LOPPY IOES †

<i>2 lbs. ground beef (lean)</i>	<i>½ C. crushed soda crackers</i>
<i>3 dill pickles, chopped fine</i>	<i>1 tsp. mustard</i>
<i>½ C. catsup or tomato soup</i>	<i>1 tsp sugar</i>
<i>¼ tsp. pepper</i>	<i>1 C. onions, chopped</i>
<i>½ C. dill pickle juice</i>	<i>1 C. water</i>

Brown beef and pour off drippings. Add remaining ingredients all at once. Cover and simmer 1 hour. It must be cooked slowly and watched carefully; stir occasionally. If necessary, add some liquid, either tomato juice or water. Uncover and cook slowly for 30 minutes longer. Serve on heated buns. Serves 16-18.

Note: Lydia was very active in Zion's Bible Study Groups. She did everything she could to help Zion. She also made Zion's Communion bread for a number of years.

Lydia Griffith

SUNDAY CHICKEN †

2 chickens (canned may be used)
3 medium onions, chopped
4 cloves garlic, crushed
1 green pepper, chopped
5 stalks celery, chopped
1 lb. spaghetti

1 lg. can mushrooms (chopped)
1-16 oz. can crushed tomatoes
 $\frac{2}{3}$ C. cooking oil
 $\frac{1}{3}$ C. chicken stock
1 lb. American cheese, grated

Cook chicken until meat leaves the bone. Bone and remove the skin and gristle. Cut into bite size pieces. In sauce pan combine the onions, garlic, pepper, celery, mushrooms, tomatoes, oil and chicken stock. Cook for 30 minutes. Cook spaghetti and drain well. Put chicken in baking dish. Layer $\frac{1}{4}$ of spaghetti, $\frac{1}{4}$ of sauce, $\frac{1}{4}$ of cheese; repeat, ending with cheese. (Modifications were made to instructions for clarity). Place in ice box for at least 4 days before you serve. When ready to serve, place in oven at 350° for 45 minutes. Can be prepared long before the company comes.

Audra Mettschier

SWEET & SOUR PORK †

1½ lbs. lean pork
2 T. cooking oil
 $\frac{1}{2}$ C. water
 $\frac{1}{3}$ C. vinegar
 $\frac{1}{4}$ C. brown sugar
2 T. corn starch

$\frac{1}{2}$ tsp. salt
1 T. soy sauce
 $\frac{3}{4}$ - 1 C. juice of pineapple
1 - 11 oz. can pineapple chunks
 $\frac{3}{4}$ C. green pepper, chopped
 $\frac{1}{2}$ C. onion, chopped

Cut pork into 1" cubes. Brown pork in oil in skillet. Combine water, vinegar, brown sugar, corn starch, salt, soy sauce & juice from pineapple. Cook until clear & slightly thickened, about 2 minutes. Add sauce to pork in skillet; cover & cook over low heat for 1 hour or until pork is done. Add pineapple chunks, green pepper & onion; continue cooking 5 to 10 minutes longer. Serve over rice.

Note: Virginia was Gertude Littlejohn's daughter.

Virginia Reser

*T*ERİYAKI CHUCK ROAST

<i>4 - 5 lb. chuck roast</i>	<i>6 carrots, cut in half</i>
<i>salt & pepper</i>	<i>1 small can water chestnuts,</i>
<i>2 T. oil</i>	<i>drained</i>
<i>1 medium onion, chopped</i>	<i>¼ C. soy sauce</i>
<i>½ tsp. powdered ginger</i>	<i>1 T. brown sugar</i>
<i>¼ C. canned brown gravy sauce</i>	<i>¼ C. sherry wine</i>

Season roast with salt & pepper. Brown meat in oil in large skillet or Dutch oven. Sauté onions while browning meat. Combine soy sauce, sherry, brown sugar, ginger & brown gravy sauce. Pour over meat. Cover with tight fitting lid & cook in oven for 2 hours at 350°. During last hour, add carrots & water chestnuts.

Note: Shirley sang in Zion's choir and helped out in the kitchen & helped organize the 100th Anniversary Celebration.

Shirley Fick

*T*UNA SWIRL POT PIE

<i>2 cans cream of chicken soup</i>	<i>1 can peas, well drained</i>
<i>½ cup chopped fresh parsley or</i>	<i>1 (7 oz.) can or jar chopped</i>
<i>parsley flakes</i>	<i>pimento</i>
<i>½ tsp. poultry seasoning</i>	<i>1 (8 oz.) pkg. refrigerated biscuits</i>
<i>½ cup chopped onion</i>	
<i>2 (7 oz.) cans tuna, flaked and</i>	
<i>drained</i>	

Combine soup, onion, parsley and poultry seasoning in a baking dish. Blend well. Add tuna, pimento and peas to soup mixture. Mix gently. Bake at 425° about 20 minutes or until bubbling hot. Place biscuits on tuna mixture in a slightly overlapping border. Continue baking 10 to 15 minutes longer, or until biscuits are browned and done. Makes 6 servings.

Note: Kathy's parents are Pastor Chuck & Ruth Ledin.

Kathy ('Frasure) Cline

YUMMY HAMBURGER NOODLE CASSEROLE

2 lbs. hamburger	1 onion, chopped
½ lb. American cheese	½ lb cheddar cheese
1 can mushroom soup (undiluted)	1 (3 oz.) can evaporated milk)
1 pkg. noodles, cooked and drained	

Brown hamburger and onion. Drain off excess grease. Add cheese, soup and milk. Simmer till cheese is melted. Pour over cooked noodles. Mix well. Place in casserole. Bake at 350° for 30 minutes.

Note: Dorothy is mother to Ron & Larry Sorensen

Dorothy Sorensen

CASSEROLES-CHEESE & EGG

CHICKEN TETRAZZINI

½ stick butter	4 oz. mushrooms
6 level Tbs flour	¾ tsp garlic powder
2 cups milk	salt to taste
1 green pepper, chopped	21 oz. cooked chicken or turkey
½ lb, Velveeta cheese	4 oz. thin spaghetti
1 can mushroom soup	1 oz. cooking sherry
4 oz. pimentos	

Cut chicken or turkey into bite size pieces. Cook spaghetti according to directions. Make a sauce of the remaining ingredients except cooking sherry. Combine the sauce, chicken and spaghetti and place in a buttered casserole. Cover the casserole with 1 ounce cooking sherry and bake 45 minutes in moderate oven. This casserole may be frozen. DO NOT pour cooking sherry over the casserole until ready to bake.

Note: Margaret lives in Wichita and is 103. Her son, Jerry, went into the ministry and is a "Son of the Church".

Margaret Shaft

CHILI BAKE WITH TANGY MUFFINS

CHILI

- | | |
|--------------------------------|---------------------------|
| 2 Tbs fat or drippings | 1 cup or can kidney beans |
| 1 small onion, chopped | 2 tsp salt |
| 1 small green pepper (chopped) | dash pepper |
| 1 lb. hamburger | 1 Tbs chili powder |
| 2½ cup tomatoes | |

In a large skillet brown hamburger, onion and green pepper in skillet. Add tomatoes, beans and seasonings. (If you to bake, put in a casserole.)

TANGY MUFFINS for TOP

- | | |
|-----------------------|-------------------------|
| 1 cup flour | 1 egg, beaten |
| 1½ tsp. baking powder | ½ cup milk |
| ½ tsp. salt | 1 Tbs melted shortening |
| ½ tsp. dry mustard | |

Mix muffins and drop by spoonfuls on top. Cover tightly and simmer or bake for 30 minutes.

Ledin Kitchen

ONE DISH MEAL

- | | |
|--------------------------------------|------------------------|
| 2 large potatoes | 1 sliced onion (small) |
| ½ tsp salt | 1 pt. tomato juice |
| ⅛ tsp pepper | 1 or 2 sliced carrots |
| ⅓ cup uncooked rice (add 1 tsp salt) | 1 lb. hamburger |

Slice potatoes in bottom of buttered casserole (10 x 7 inches). Sprinkle salt and pepper. Add uncooked rice; add hamburger, crumbled on top. Sprinkle 1 teaspoon salt. Add onion and carrots. Then pour juice over all. Bake 1½ hours at 350°, covered.

Dorothy Sorensen

*S*CRAMBLED EGG CASSEROLE

¼ cup green peppers, chop fine
2 tsp. chopped pimento
1 Tbs melted margarine
1 Tbs flour
¾ cup soft bread crumbs

½ cup shredded American cheese
2 Tbs. margarine
6 beaten eggs
1 Tbs margarine
1 cup milk

In skillet, cook green peppers in 2 Tbs margarine until tender. Add eggs and scramble until just set. Set aside. In medium saucepan, melt the first Tbs margarine; blend in flour, ¼ tsp salt and dash of pepper. Add milk; cook and stir until bubbly. Add cheese; stir until melted. Fold in eggs and pimento. Turn into 1 quart casserole. Combine 1 Tbs margarine and crumbs. Sprinkle crumbs atop casserole. Bake at 350° for 15 to 20 minutes.

Joyce Enoch

*S*OPHISTICATED BAKED BEANS †

1 (1 lb.) cans pork and beans
1 medium onion, finely chopped
¼ cup light molasses
3 Tbs. pickle relish
1 Tbs. Worcestershire sauce

2 tsp. prepared mustard
1 bottle 7-up
*1 can (2 oz.) sliced mushrooms,
drained*

Combine the beans with all ingredients, except mushrooms and place in 2 quart casserole. Bake uncovered in 325 degree oven for 1 ½ hours. Stir in mushrooms and continue baking for ½ hour. Makes 8 to 10 servings.

Note: Juanita was the mother of Lea Yakel & a faithful church member.

Juanita Karst

Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same.

- Unknown

WHOPPER WHEELS †

21 oz can pork and beans
1 tsp. minced onion
1 tsp. mustard
½ tsp. celery salt

¼ cup brown sugar
pineapple slices
wieners

In 1 ½ quart greased casserole dish, combine beans, onion, mustard, celery salt and brown sugar. Mix well. Arrange pineapple slices across top and put a wiener through each one. Bake 30 min. at 350°. Serves 4

Donna Bieber

VEGETABLES

APPLE MALLOW YAM BAKE †

2 apples, sliced
½ cup chopped pecans
½ cup brown sugar, packed
½ tsp cinnamon

2 (17 oz.) cans yams, drained
¼ cup margarine
2 cups miniature marshmallows

Toss apples and nuts with combined brown sugar and cinnamon. Alternate layers of apples and yams in 1 ½ quart casserole. Dot with margarine. Cover. Bake at 350° for 35 to 40 minutes. Sprinkle marshmallows over yams and apples. Broil until lightly browned. Serves 6 to 8.

Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number 1.

- Arthur Ashe

*C*ABBAGE ROLLS †

CABBAGE LEAVES

8 or 10 cabbage leaves

hot water

Put leaves in hot water until wilted and workable.

MEAT MIXTURE

1 lb. ground beef

3 Tbs chopped onion

3 Tbs chopped green peppers

3 Tbs chopped celery

1 tsp. Worcestershire sauce

½ cup cooked rice

1 tsp. salt

dash of pepper

Mix all ingredients well. Take cabbage leaves out of hot water. Put about ⅓ of mixture in center of cabbage leaf. Roll up - secure with toothpick. Place in baking dish which has a lid. Cover rolls with sauce.

SAUCE

1 cup tomato juice

½ tsp. pepper

1 tsp. garlic salt

1 Tbs butter

Heat well and pour over cabbage rolls. Bake in 350° oven for 1 hour.

Nora Schlatter

*H*ARVARD BEETS †

¼ cup cornstarch

1 cup beet juice

⅔ cup sugar

¼ cup butter

1 tsp salt

4 cups cooked or canned beets,

½ cup vinegar

cubed

Mix cornstarch, sugar and salt with the vinegar. Add to heated liquid and cook over low heat until clear and thick. Add butter and stir until melted. Pour over beets which have been heated and drained. Makes 8 servings.

Note: Goldie Stokes is mother to Norma Greever.

Goldie Stokes

ORANGE SWEET POTATOES †

5 medium sweet potatoes
2 oranges

2 Tbs melted butter
2 Tbs honey

Cook and slice 5 potatoes; slice oranges and arrange alternate layers of potatoes and oranges in baking dish. Combine butter and honey and pour over potatoes and oranges. Bake at 425° for 15 minutes. Serves 6.

Goldie Stokes

TOMATO SUMMERSAULT †

3 cups tomatoes (canned)
½ cup chopped onion
½ cup celery, chopped

⅓ cup melted butter
1 cup cracker crumbs
1 cup cheese (cubed or grated)

Mix all together and bake in 350° oven 30-40 minutes.

Note: Remona is Harley Phillips' & Bonnie Baker's mother. She could always be found in the kitchen.

Remona Phillips

VEGETABLES WITH RICE †

½ to 1 lb. fresh mushrooms
3 small onions
dash of garlic powder
1 tsp Worcestershire sauce

2 cups cooked rice
2 bell peppers
½ stick oleo
¼ tsp salt

Wash all vegetables well. Chop up as you desire. Put oleo in saucepan. Sauté on low or medium heat until done. Place cooked hot rice in large bowl. Now, add garlic powder and Worcestershire sauce to vegetables. Stir and mix into rice with fork. Serve with meat or fish.

Martha Woodard Rawlins

CAKES-COOKIES & PIES

ANISE CAPS

6 medium eggs
4 ¼ C. sifted cake flour

1 lb. powdered sugar
¼ tsp. anise oil

Beat together 10 minutes; add ¼ tsp. anise oil. Drop by teaspoonfuls onto waxed paper which fits your cookie sheet. They will spread slightly. Let stand uncovered overnight. In the morning, bake at 325° for 10 minutes or until bottom is brown. Makes 100.

Note: Daughter of Harry & Evelyn Emigh.

Betty Arnold

CARAMELS

1 C. sugar
1 C. butter
1 lg. can condensed milk

1 C. brown sugar
1 tsp. vanilla

Place all ingredients in a large saucepan. Stirring constantly, cook until mixture forms a soft ball stage. Add vanilla. (Mix thoroughly.) Pour on cookie sheet. Cut in small squares.

Betty Arnold

CHOCOLATE CHIP DATE CAKE

1 cup chopped dates
1 ¾ tsp. soda
1 ½ cup boiling water
1 ½ cup sugar
1 (6 oz.) pkg. chocolate chips

½ cup shortening
2 eggs, beaten
1 ½ cup flour
½ tsp. salt
½ cup chopped nuts

Pour boiling water over dates and 1 teaspoon soda; let cool about 1 hour. Cream 1 cup sugar and shortening together; add well beaten eggs. Add cool date mixture. Sift flour, salt and remaining soda together. Add to mixture. Pour into lightly greased 13 x 9" pan. Top with chocolate chips. Sprinkle remaining sugar and nuts on top of chocolate chips. Bake 30 minutes at 350°.

Norma Greever

CHRISTMAS PIE †

PIE

<i>1 medium can fruit cocktail, (drained)</i>	<i>1 tsp vanilla</i>
<i>1 tsp soda</i>	<i>1 cup flour</i>
<i>½ tsp salt</i>	<i>1 cup sugar</i>
	<i>1 egg</i>

Mix all together. Butter 9 Inch Pyrex pie pan and pour in mixture.

TOPPING

<i>½ cup brown sugar</i>	<i>½ cup nut meats</i>
--------------------------	------------------------

Mix together and sprinkle onto pie. Bake at 350° for 45 minutes. Serve with whipped cream or ice cream. Pop a maraschino cherry on top, if desired. Serves 8.

Note: Margaret's husband Arthur was one of Zion's former Pastors.

Margaret Angersbach

COFFEE CAKE †

<i>3 cans biscuits</i>	<i>1 C. white sugar</i>
<i>1½ C. brown sugar</i>	<i>1 stick oleo (margarine or butter)</i>
<i>3 tsp. cinnamon</i>	

Combine white sugar, brown sugar & cinnamon. Melt the butter in a small sauce pan. Dip each biscuit on both sides, then dip in sugar mixture. Stand on end in a bundt pan. Bake for 50 minutes at 350°. Mix the remaining sugar mixture & butter together. Pour over the cake as soon as it comes from the oven. If not enough butter is left, you may add to it to spread easily.

Audra Meltscher

Proverbs 24:13-14 - Eat honey, my son, for it is good; honey from the comb is sweet to your taste. Know also that wisdom is sweet to your soul; if you find it, there is a future hope for you, and your hope will not be cut off.

COWBOY COFFEE CAKE

2½ C. sifted flour
2 C. brown sugar
½ tsp. salt
¾ C. shortening
½ tsp. baking soda

½ tsp. ground nutmeg
1 C. sour milk
2 beaten eggs
2 tsp. baking powder
½ tsp. ground cinnamon

Mix flour, brown sugar, salt and shortening till crumbly; reserve ½ cup. To remaining crumbs, add baking powder, baking soda, cinnamon and nutmeg; mix well. Add milk and eggs; mix well. Pour into 2 greased and floured 8 x 1½ inch round layer pans; top with reserved crumbs. Bake in 375° oven for 25 to 30 minutes.

Note: Melba had a twin sister, Mable.

Melba Martens

CRANBERRY NUT BREAD †

1 cup raw cranberries
1 cup sugar
3 cups flour
4 tsp baking powder

1 tsp salt
½ cup chopped nuts
1 egg
1 cup milk

Grind cranberries in food chopper. To them, add ¼ cup sugar. Allow to stand while mixing the other ingredients. Sift together the remaining ¾ cup sugar, flour, baking powder and salt. Add nuts. Mix slightly beaten egg, milk and melted shortening, and combine lightly with dry ingredients. Fold in cranberries. Bake in greased loaf pan in moderate 350° oven for 1 hour.

Blanche Hill

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.

- M. Scott Peck, M.D.

*E*ASY BAKING POWDER BISCUIT †

2 cup sifted flour
1 tsp salt
¾ cup milk

3 tsp baking powder
⅓ cup Crisco

Combine flour, baking powder and salt. Cut in Crisco until mixture resembles coarse cornmeal. Add milk and stir until blended. Place dough on a lightly floured surface and knead lightly 8 - 10 times. Roll dough to ½ inch thickness. Cut with a floured cutter. Bake on ungreased baking sheet for 12 - 15 minutes in a 425° oven.

Note: This has been my favorite baking powder biscuit recipe for over 50 years. (Comment from Elsie in 1977.)

Elsie Nachtigal

*G*RANDMA BUSKIRK'S CHRISTMAS BUNS

2 cup milk
½ cup sugar
6 or 7 cups flour

½ cup shortening
2 tsp salt

Heat till shortening is melted – then cool. Dissolve 1 package yeast in 1 cup lukewarm water with 1 teaspoon sugar. When cool, add yeast and work in flour. Knead to a soft dough. Let rise twice. Make into rolls, cinnamon rolls or caramel rolls. Bake at 375° for 25 minutes.

Note: Meda was Donna Stewart's Aunt.

Meda Fraser

*G*RASSHOPPER PIE

24 large marshmallows
⅔ cup milk

3 Tbs Creme de Menthe
4 to 5 drops green food coloring

Melt marshmallows in milk. Add the Creme de Menthe and food coloring, stir well, Fold in 1 cup whipped cream. Pour into graham cracker shell or crushed Oreo cookies in square tin (pan). Cool or freeze. (Pastry crust is equally good).

Note: Ruth donated the East doors in memory of her son, Lt. Michael Wilson, who lost his life in Viet Nam.

Ruth Wilson

HELLO DOLLIE (7 LAYER COOKIES)

1 stick butter or oleo
1 C. graham cracker crumbs
1 pkg. angel flake coconut
1 pkg. chocolate chips

1 can Eagle Brand sweetened
condensed milk
1 C. chopped nuts

Melt butter or oleo in 9 x 13 inch pan. Add in layers as listed. Bake 25 to 30 minutes at 350°. Cut into bars when cooled.

Shirley Fick

INDIANS †

2 eggs
1 cup sugar
½ cup (scant) oleo or butter
1 tsp vanilla

½ cup flour
3 heaping Tbs cocoa
½ cup nuts

Cream first 4 ingredients. Add flour, cocoa and nuts. Pour into greased loaf pan. Bake at 400°. When done, sprinkle with powdered sugar. Let cool and cut into bars.

Note: Helen was Zion's Financial Secretary for many years as well as a Sunday School Teacher.

Helen Stallman

John 6:27 - "Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

*L*AZY DAISY OATMEAL CAKE †

CAKE

<i>1 ¼ C. boiling water</i>	<i>1 C. uncooked oats</i>
<i>½ C. oleo (butter or margarine)</i>	<i>1 C. white sugar</i>
<i>1 C. brown sugar</i>	<i>1 tsp. vanilla</i>
<i>2 eggs</i>	<i>1 ½ C. sifted flour</i>
<i>1 tsp. soda</i>	<i>½ tsp. salt</i>
<i>¾ tsp. cinnamon</i>	<i>¼ tsp. nutmeg</i>

Pour boiling water over oats. Cover and let stand for 20 minutes. Beat oleo until creamy. Gradually add sugars and beat until fluffy. Blend in vanilla and eggs. Add oat mixture and mix well. Sift together flour, soda, salt, cinnamon and nutmeg; add to creamed mixture and mix well. Pour batter into well greased and floured square 8 x 8 or 9 x 9 inch pan. Bake in 350 ° oven for 50 to 55 minutes. Do not remove from pan.

FROSTING

<i>¼ C. melted oleo</i>	<i>¾ C. shredded coconut (necessary)</i>
<i>3 T. half & half or canned milk</i>	<i>½ C. brown sugar</i>
<i>1 C. chopped nut meats (optional)</i>	

Combine all ingredients. Boil until frosting becomes bubbly. Spread evenly over cake. Cake may be served warm or cold.

Jessie Parker

*L*EMON CHEESE CAKE †

<i>1 (8 oz.) pkg. cream cheese</i>	<i>1 tsp lemon juice</i>
<i>½ cup milk</i>	<i>1 8" graham cracker pie crust</i>
<i>1 ½ cup milk</i>	<i>cherry pie filling</i>
<i>1 pkg. instant lemon pudding mix</i>	

Beat cream cheese until soft. Blend in ½ cup milk until smooth. Add 1 ½ cup milk and the pudding mix. Beat at lowest speed of mixer until blended. Add lemon juice. Pour into pie shell. Top with cherry pie filling and chill. Other fruit could be used for topping.

Dorothy Nafzinger

MAYONNAISE CAKE †

2 C. flour
1 C. sugar
1 tsp. soda
½ tsp. salt

1 C. Miracle Whip
1 C. water
1 tsp. vanilla
2 T. cocoa

Combine dry ingredients; add salad dressing, water and vanilla. Beat until smooth. Pour into buttered and floured 9 x 12 inch pan. Bake at 350 ° for 30 to 35 minutes. Ice with favorite chocolate frosting.

Note: Gertrude helped out in the kitchen many times. She also had the Women's Group meet in her home.

Gertrude Littlejofin

OATMEAL CAKE

CAKE

1 cup oatmeal
1½ cup boiling water
1 cup butter
2 eggs
1 cup white sugar

1 cup brown sugar
1½ cup flour
1 tsp. cinnamon
1 tsp. soda
½ tsp. nutmeg

Mix oatmeal and boiling water together and set aside. Cream together butter, eggs, white sugar and brown sugar. Mix flour, cinnamon, soda and nutmeg together in a small bowl. Mix flour mixture and oatmeal into sugar mixture. Bake in a greased and floured 9 x 13" pan for 30 - 35 min. at 350°

TOPPING

1 cup coconut
½ cup chopped nuts
1 cup brown sugar

¼ cup melted butter
½ cup cream or evaporated milk

Mix all ingredients together. Spread over hot cake. Place under broiler until bubbly.

Note: Marsha & her twin sister Martha attended church with their mother Dolly Tucker.

Marsha Hanavan

*O*ATMEAL PIE †

3 eggs	$\frac{2}{3}$ C. coconut
$\frac{2}{3}$ C. white sugar	$\frac{1}{2}$ C. chopped pecans
$\frac{2}{3}$ C. brown sugar	$\frac{2}{3}$ C. quick oatmeal
3 T. melted margarine or butter	1 tsp. vanilla

Blend all together (spreading nuts over top) and bake at 350° for 45 minutes in unbaked pie shell. Bake until inserted knife comes out clean. Serve with whipped cream or whipped topping.

Note: Gayle was Larry Sorensen's wife who died in 1977 under tragic circumstances.

Dorothy Sorensen
Gayle Sorensen

*O*LD FASHIONED SOFT MOLASSES COOKIES †

2 $\frac{1}{4}$ C. flour	2 tsp. soda
1 tsp. cinnamon	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ C. shortening	$\frac{1}{2}$ C. sugar
1 unbeaten egg	$\frac{1}{2}$ C. molasses
$\frac{1}{2}$ C. water	

Sift together flour, soda, cinnamon and salt. Cream shortening and sugar until light. Add egg, molasses and water. Mix well. Add dry ingredients. Drop by heaping teaspoonfuls onto ungreased sheet. Bake at 375 ° for 8 to 10 minutes. Store in closely covered container. Makes about 4 dozen cookies.

Jessie Parker

*P*ECAN CRISPIES †

$\frac{1}{4}$ C. shortening	$\frac{1}{2}$ C. butter
2 $\frac{1}{2}$ C. brown sugar	2 beaten eggs
2 $\frac{1}{2}$ C. flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. soda	1 C. chopped pecan meats

Cream shortening and sugar; add eggs and beat well. Add sifted dry ingredients, then nuts. Drop from teaspoon onto greased baking sheet. Bake at 350° for 12 to 15 minutes.

Blanche Hill

*P*OPPY SEED HONEY CAKE

<i>1/3 C. honey</i>	<i>4 eggs (separated)</i>
<i>1/3 C. poppy seed</i>	<i>1 1/2 tsp. vanilla</i>
<i>1/4 C. water</i>	<i>2 1/2 C. sifted flour</i>
<i>1 C. butter or oleo (margarine)</i>	<i>1 tsp. soda</i>
<i>1 1/2 C. sugar</i>	<i>1 tsp. salt</i>
<i>1 C. sour cream</i>	

Simmer honey, poppy seeds & water in saucepan for 5 minutes. Cool to room temperature. Cream butter & sugar until light & fluffy. Add cooled poppy seed mixture. Add egg yolks, one at a time, beating well after each addition. Blend in vanilla. Sift flour, soda & salt. Add alternately with sour cream to poppy seed mixture. Beat egg whites to stiff peaks. Fold into batter. Pour into well ungreased & floured 9" bundt or tube pan. Bake at 350° for 55 to 60 min..

Note: Roger was co-chairman with Pat Phillips for Zion's 100th Anniversary Committee.

Roger A. Fick

*W*INE BUNDT CAKE †

<i>1 pkg. yellow cake mix</i>	<i>1 pkg. instant vanilla pudding</i>
<i>4 eggs</i>	<i>1 cup oil</i>
<i>1 cup cooking sherry</i>	

Beat eggs, cake mix and pudding. Add oil and cooking sherry. Beat 10 minutes. Bake in Bundt cake pan 45 minutes at 350°. Sprinkle with powdered sugar, when cool.

Note: Bertie held garage sales and her husband, Earl, who was a mason, redid the basement walls when they needed repair.

Bertie Eckert

Colossians 1:6 - All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth.

DESSERTS

*A*PPLE DELIGHT †

4 cups sliced apples
½ cup white sugar
2 Tbs cinnamon
1 cup flour

½ tsp soda
½ cup brown sugar
½ cup melted butter
1 cup quick oats

Mix butter, brown sugar, flour, soda and oats together until crumbly. Alternate layers of sliced apples, sweetened and dotted with butter, with layers of crumbs. Bake at 350° until apples are tender.

Note: Blanche & Remona Phillips' were close friends and enjoyed Baseball.

Blanche Hill

*A*PPLE LOAF ALASKAN †

1 (8½ oz.) can crushed pineapple
3 T. lemon juice
2 beaten eggs
2 C. diced unpared apples
½ C. finely chopped celery

½ C. sugar
⅛ tsp. salt
1 C. heavy cream, whipped
1½ C. miniature marshmallows

Drain pineapple, reserving juice. Add enough water to juice to make ½ cup. Combine sugar, salt and lemon juice in a small saucepan. Gradually stir in reserved juice and eggs. Cook over low heat, stirring constantly until thickened. Cool mixture. Fold in whipped cream, apples and marshmallows and celery. Pour into greased 9 x 5 x 3 inch loaf pan. Cover with foil and freeze mixture about 4 hours. Invert on serving plate and remove loaf pan. Garnish with chicory and whole fresh cranberries, if you wish.

Roberta Bell

*B*AKED CUSTARD †

5 eggs
¼ tsp. salt
1 ½ tsp. vanilla

½ cup sugar
3 cups milk
nutmeg

Preheat oven to 300°. Butter 8 (5 ounce) cups. Mix at low speed eggs, salt, sugar and milk until lemon colored. Gradually beat in milk and vanilla until just blended. Pour into cups; dash with nutmeg. Bake 1 hour in pan of hot water. Add raisins, if desired.

Note: Sister Odessa & Blenda Richards worked hard on many church activities..

Odessa Richards

*C*USTARD DESSERT †

1 envelope gelatin
½ cup cold water
6 eggs, separated
¾ cup sugar

½ cup water
¾ cup lemon juice
rind of lemon
1 small angel food cake

Soak the gelatin in the ½ cup cold water. Beat egg yolks with sugar. Add water and lemon juice and peel. Cook until thick; add gelatin to hot mixture. Cook until partly set; add beaten egg whites with ¾ cup sugar. Break angel food cake in small pieces. Spread in bottom of 10 x 15" pan. Pour custard over top. Let set for 24 hours.

Note: Ed & Faye Panning and Marge Panning donated the first carillons to Zion in 1981.

Mrs. Faye Panning

*D*ANISH PUFFS †

1 cup oleo (2 sticks)
3 eggs
2 Tbs water

2 cups flour
1 cup water
1 tsp. almond flavoring

Mix 1 stick oleo into 1 cup flour. Add 2 Tbs water. Roll out onto large cookie sheet. Melt 1 stick oleo in 1 cup water. Add 1 cup flour. Add eggs, one at a time. Beat well after each egg. Add flavoring. Spread onto crust. Bake at 350° for 50 minutes. Frost with powdered sugar frosting.

Connie McCue

*D*IABETIC VANILLA ICE CREAM †

1½ cup evaporated milk

1½ cup whole milk

*3 Tbs liquid saccharin (artificial
sweetener may be substituted)*

2 Tbs vanilla

2 eggs

Beat eggs, sweetener and vanilla together; add milk and mix well. Pour into ice trays. Stir often while freezing. FOR DIABETICS: 6 servings of 152 calories each is equal to ¾ cup milk exchange per serving.

Jessie Parker

*I*MPOSSIBLE PIE †

4 eggs, beaten

1¾ cup sugar

2 cups milk

½ cup coconut

½ cup chopped nuts

½ stick margarine

Mix all ingredients together and pour into a 9 inch pie pan. This makes its own crust. Bake 35 minutes at 350°.

Note: Lois and husband, Harry, were Youth Leaders for many years.

Lois Lockman

Proverbs 3:9-10 - Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.

CANDIES-JELLIES-JAMS & PRESERVES

7 POUNDS FUDGE †

Part 1

5 cups sugar
¼ lb. oleo or butter

1 tall can evaporated milk
2 tsp. vanilla

Put all ingredients in saucepan and bring to a boil for 5 minutes.

Part 2

2 pkgs. (6oz.) chocolate chips
1 pt. Marshmallow Creme
1½ cup walnuts, chopped
(optional)

3 squares Baker's German Sweet
Chocolate

Put all ingredients in a bowl and pour the hot mixture from part 1 over. Stir until melted. Pour into 4 round cake or pie pans that have been buttered. Let cool and cut into pieces.

'Dolly Tucker

ANISE TAFFY CANDY †

3 C. sugar
1 C. white corn syrup
1 tsp. red or green food coloring

½ C. boiling water
1 tsp. anise oil

Cook sugar, water & syrup together at 300° or until it forms a very hard ball, tested in cold water. Stir in anise oil & food coloring. Pour in buttered pan & when partly cool, cut in squares or let harden & break in pieces. You can twist it like taffy & cut in pieces with scissors.

Melba Martens

*D*IVINITY

3 C. white sugar	1 tsp. vanilla
½ C. water	1 C. nuts
½ C. white Karo syrup	2 egg whites
3 T. water	

Cook sugar, ½ C. water & syrup to a hard boil stage. Beat egg whites & 3 T. water till stiff. Add the cooked syrup slowly to the beaten egg whites while beating faster on mixer. Add 1 tsp. vanilla & 1 C. nuts. Remove the candy from the mixer & continue to beat by hand until it is of the proper consistency & drop by the spoonfuls onto aluminum foil.

Margaret Shaft

*L*USCIOUS GOLDEN PRALINES †

2 C. brown sugar	½ C. water
1 tsp. vanilla or maple extract	1 C. chopped pecans

Cook sugar & water to 236°, or soft ball stage. Add flavoring & nuts. Drop from spoon in large round wafer shapes onto wax paper.

Note: Mrs. Emigh was Betty Arnold's mother. She helped with Thanksgiving Dinners & her Husband Harry served on the Church Council.

Mrs. Evelyn Emigh

*P*OTATO FUDGE (SPUDGE) †

2 C. sugar	½ tsp. soda
2 T. cocoa	1 tsp vanilla
3 T. corn syrup	¼ C. potato flakes
3 T. butter	Nuts or candied fruit (optional)
1 C. buttermilk or sour cream	

In a large kettle boil all ingredients, EXCEPT butter & potato flakes, until soft ball stage. When still bubbling, beat in butter & potato flakes. Let cool & then beat until firm enough to pour. Will keep creamy in a tin container.

Margaret Angersbach

MISCELLANEOUS

CANADIAN CHEESE SOUP

1 C. finely chopped onion
½ C. all purpose flour
4 C. chicken broth
½ C. celery, finely diced
¼ C. butter or oleo (margarine)

4 C. milk
½ C. finely chopped carrots
Dash of salt & paprika
1 C. diced sharp processed
American cheese

Cook onions in butter until tender, but not brown. Add milk, broth, carrots, celery, salt & paprika. Cook & stir over medium heat until mixture thickens & bubbles. Reduce heat; add cheese; stir until melted. Simmer 15 minutes. May garnish with croutons or popcorn.

Note: Joyce is an artist and a very talented decorator. She currently lives in Bella Vista, Arizona with her husband Jim Hitch.

Joyce Enoch

CATSUP

20 C. tomato juice
3 green peppers
2 T. salt
2 C. white vinegar
3 onion, chopped

1 tsp. pepper
2 C. brown sugar
2 T. spices (No specific spices
were recommended)

Put in a big pan & cook till thick. Run (squeeze) through colander. Boil again & add to sterilized jars.

Note: Phyllis was Zion's Church secretary during the time of Pastor Ledin's Service. She now lives in Arizona and is a sister-in-law of Peg Dodge.

Phyllis Krentzel

Matthew 13:33 - He told them still another parable: "The kingdom of heaven is like yeast that a woman took and mixed into a large amount of flour until it worked all through the dough."

FLESK PAN KAFKA

$\frac{1}{2}$ lb. bacon

5 eggs

3 C. milk

1½ C. flour

1 T. sugar

1 tsp. salt

Heat oven to 500°. Chop & fry bacon. Pour grease & bacon into a 10 x 13 x 2 pan. (not glass). Cool. Now make a batter of remaining ingredients. Pour batter on cooled bacon & grease in pan. Bake for 25 minutes exactly & remove from oven. Cut into squares & serve with butter and/or syrup. Serves 6. (May substitute ½ C. melted shortening for bacon grease & bacon bits for bacon. Dried beef, ham or sausage may be used.)

Note: Esther served as Zion's Church Secretary.

Esther Doerksen

GERMAN ROULADEN †

2 slices round steak (about 2 or 3 lbs.)

1 lb. bacon (lean)

1 Tbs chopped onion

Salt and pepper both sides of steak and cut into serving pieces (about 3 or 4 inch lengths). Tenderize steak; place 1 strip of bacon, doubled in on top of steak, together with the chopped onions (as desired). Roll up the steak lengthwise and fasten with toothpicks or skewers. Roll in flour; brown in shortening until all sides are browned evenly. Place browned rolls side by side in a small roaster. Add $\frac{1}{2}$ cup water to the skillet and shortening, in which steak rolls were browned. Let this boil for a few minutes, and then pour it over the steak rolls. Place in oven (lid on roaster) for 1 hour at 325°. Occasionally check the juice, and if necessary, add some water. This juice, when slightly thickened with cornstarch or flour, makes a good gravy. Makes 6 - 8 generous servings.

Note: Helen was a very nice German lady.

Mrs. Helen Schrader

GERMAN STYLE FRIED RED CABBAGE †

1 large head red cabbage
1 bay leaf
 $\frac{1}{3}$ cup oil
2 Tbs sugar
salt and pepper

$\frac{3}{4}$ tsp nutmeg
1 onion, chopped
1 medium apple, chopped
 $\frac{1}{4}$ cup vinegar
3 Tbs soy sauce

Core and shred cabbage fine. In large pan, put the oil and bring it to a good heat. Add onions, apples and bay leaf. Sauté. To this, add cabbage and stir till cabbage is well covered with oil. Add sugar, vinegar, soy sauce. Add $\frac{3}{4}$ cup of water. Bring to boil and reduce heat. Simmer for 45 minutes. Remove bay leaf. Serve.

Note: Audra sang in Zion's church choir and was a member of the Ladies Trio for many years.

Audra Mettschier

HOME MADE GRAPE WINE

8 lbs. sugar
 $\frac{1}{4}$ tsp. powdered yeast

6 cans (large) Welch's Grape Juice

Mix and put in 5 gallon distilled water jug. Fill with water. Put cork in bottle (a small hole in cork with tubing through into wine). Put tubing in a quart of water. Can change water in quart jar once a week. Let set 3 months.

Note: Lea was instrumental in putting together the 1977 Cookbook - "Our Daily Bread". Her husband also served as president of the Church Council. Together they made this wine to serve at Communion.

Lea Yakel

John 15:16 - "You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name."

*P*ARTY SCRAMBLE †

<i>½ C. Dr. Pepper</i>	<i>2 C. Rice Chex</i>
<i>5 T. Margarine or butter</i>	<i>2 C. Wheat Chex</i>
<i>1 T. salt</i>	<i>2 C. Corn Chex</i>
<i>⅛ tsp. onion salt</i>	<i>2 C. Cheerios</i>
<i>Dash of Tabasco</i>	<i>2 C. Shredded Wheat (bite size)</i>
<i>⅛ tsp. garlic powder</i>	<i>2 C. slim pretzels</i>
<i>2 T. Worcestershire sauce</i>	<i>1 lb. mixed salted nuts</i>

Melt butter; add Dr. Pepper, Worcestershire sauce, salt, onion salt, garlic powder; simmer until liquid is reduced to $\frac{2}{3}$ amount. Combine cereals and nuts. Drizzle butter sauce over all. Toss until well mixed with sauce. Pour into pans and heat at 300° for 45 minutes. For a more highly seasoned snack, double the amount of all sauce ingredients. Makes 3 quarts.

*S*EASONED SALT †

<i>6 T. salt</i>	<i>½ tsp. garlic salt</i>
<i>2¼ tsp. paprika</i>	<i>½ tsp. curry powder</i>
<i>1 tsp. dry mustard</i>	<i>½ tsp. celery salt</i>
<i>½ tsp. dried thyme</i>	<i>¼ tsp. onion salt</i>
<i>½ tsp. dried marjoram</i>	<i>⅛ tsp. dill seed</i>

Place all ingredients in blender (food processor). Cover; whirl on high speed for 1 minute or until ingredients are well mixed. Makes about ½ Cup.

*S*WEDISH GINGER COOKIES †

<i>1 cup butter</i>	<i>1½ cup sugar</i>
<i>1 egg</i>	<i>2 Tbs dark corn syrup</i>
<i>2 tsp soda</i>	<i>1 Tbs warm water</i>
<i>2 cups flour</i>	<i>2 tsp cinnamon</i>
<i>1 tsp ginger</i>	<i>½ tsp cloves</i>
<i>1½ Tbs grated orange peel</i>	

Combine butter and sugar. Add egg and syrup. Dissolve soda in warm water. Sift together flour, cinnamon, ginger and cloves. Add to butter mixture. Add orange peel. Chill thoroughly several hours or overnight. Roll thin and cut in desired shapes. Place almond in center, if desired. Bake in 375° oven 8 to 10 minutes on ungreased cookie sheet.

Ruth Wilson

TAGRALENA

(Mexican Casserole)

1 lb. ground beef
 1/2 lb. sausage
 1 large onion, chopped
 1 green pepper, chopped
 1 can whole kernel corn
 8 oz. can tomato sauce

1 can tomato soup
 1 cup black olives
 1 garlic clove, crushed
 8 oz. noodles, cooked and drained
 8 oz. cheddar cheese, grated

Brown meat with onion and green pepper. Add corn, tomato soup, tomato sauce, olives and garlic. Use a 9 x 13" pan. Form layers by using about 1/3 of the noodles to form bottom layer. For the second layer, use about 1/3 of the meat mixture. Top the meat mixture with about 1/3 of the grated cheese. Repeat the layers until everything is used, ending with meat and grated cheese on top. Bake at 350° for 30 min. This casserole freezes well. Bake a longer time, if frozen.

Joyce Enoch

ZWIEBACK †

(Double Yeast Rolls)

2 cup scalded milk
 1 cup warm water
 2 tsp sugar
 2 tsp salt
 4 Tbs sugar

1 cup shortening
 2 eggs, beaten (optional)
 1 yeast cake (pkg)
 8 - 10 sifted flour

Scald milk. Add shortening, salt and 4 Tbs sugar. Crumble (sprinkle) yeast in a small bowl. Add 2 tsp sugar and 1 cup lukewarm water. Set in a warm place until spongy. Add yeast mixture and beaten eggs to lukewarm milk. Mix well and stir flour in gradually. Knead dough until very soft and smooth. Cover and let rise in a warm place until double in bulk. Pinch all small balls of dough the size of a small egg. Place these 1 inch apart on greased pans. Put a similar ball, but smaller, on top of the larger ball. Press down in center to make it stay on. Let rise until double in bulk (about 1 hour). Bake at 400° for 15 to 20 minutes. Yields: About 4 dozen. These freeze well.

Elsie Nachtigal

Refrigerator (35° - 40°)	Freezer (0° or lower)
1 week	2 weeks
2 weeks	
2 weeks	
3 - 4 months	6 months
1 month	6 months
	2 months
2 - 4 weeks	9 months
8 - 20 days	
6 - 8 months	12 months
12 months	
1 - 2 weeks	3 months
	8 months
	1 year
trate 6 days	1 year



Equivalents

dash	< 1/4 tsp.
1 T.	= 3 tsp.
4 T.	= 1/4 cup
5 1/2 T.	= 1/2 cup
8 T.	= 1/2 cup
10 1/2 T.	= 3/4 cup
12 T.	= 3/4 cup
16 T.	= 1 cup
1 cup	= 8 fluid oz.
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon
12-oz. can	= 1 1/2 cups
16-oz. can	= 2 cups
20-oz. can	= 2 1/2 cups
28.5-oz. can	= 3 1/2 cups
56-oz. can	= 7 cups

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ZION'S FUNERAL DINNER CASSEROLE ★	98

Refrigerator (35°-40°)	Freezer (0° or lower)
1 week	2 weeks
2 weeks	
2 weeks	
3 - 4 months	6 months
1 month	6 months
	2 months
2 - 4 weeks	9 months
8 - 20 days	
6 - 8 months	12 months
12 months	
1 - 2 weeks	3 months
	8 months
	1 year
rate	6 days
	1 year



Equivalents

dash	< 1/8 tsp.
1 T.	= 3 tsp.
4 T.	= 1/4 cup
5 1/2 T.	= 1/2 cup
8 T.	= 1/2 cup
10 1/2 T.	= 3/4 cup
12 T.	= 3/4 cup
16 T.	= 1 cup
1 cup	= 8 fluid oz.
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon
12-oz. can	= 1 1/2 cups
16-oz. can	= 2 cups
20-oz. can	= 2 1/2 cups
28.5-oz. can	= 3 1/2 cups
56-oz. can	= 7 cups

MAIN DISH

BEEF

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trate 6 days	1 year



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Refrigerator	Freezer
(35°–40°)	(0° or lower)
1 week	2 weeks
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3 – 4 months	6 months
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1 year	1 year



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4 T.	= 1/4 cup
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Refrigerator

(35°-40°)

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2 weeks

3 - 4 months

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12 months

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How to Order

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122960 mm

Refrigerator

(35° - 40°)

1 week

2 weeks

2 weeks

3 - 4 months

1 month

6 - 8 months

12 months

1 - 2 weeks

Freezer

(0° or lower)

2 weeks

6 months

6 months

2 months

9 months

12 months

3 months

8 months

1 year

1 year



Equivalents

dash < ¼ tsp.

1 T. = 3 tsp.

4 T. = ¼ cup

5 ½ T. = ½ cup

8 T. = ½ cup

10 ½ T. = ¾ cup

12 T. = ¾ cup

16 T. = 1 cup

1 cup = 8 fluid oz.

1 cup = ½ pint

2 cups = 1 pint

4 cups = 1 quart

2 pints = 1 quart

4 quarts = 1 gallon

12-oz. can = 1 ½ cups

16-oz. can = 2 cups

20-oz. can = 2 ½ cups

28.5-oz. can = 3 ½ cups

56-oz. can = 7 cups



PANTRY BASICS

WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



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Refrigerator

(35° - 40°)

1 week
2 weeks
2 weeks
3 - 4 months
1 month
2 - 4 weeks
8 - 20 days

Freezer

(0° or lower)

2 weeks
6 months
6 months
2 months
9 months

6 - 8 months

12 months

1 - 2 weeks

12 months

3 months

8 months

1 year

1 year



Equivalents

dash < 1/8 tsp.
1 T. = 3 tsp.
4 T. = 1/4 cup
5 1/2 T. = 1/2 cup
8 T. = 1/2 cup
10 3/4 T. = 3/4 cup
12 T. = 3/4 cup
16 T. = 1 cup
1 cup = 8 fluid oz.
1 cup = 1/2 pint
2 cups = 1 pint
4 cups = 1 quart
2 pints = 1 quart
4 quarts = 1 gallon
12-oz. can = 1 1/2 cups
16-oz. can = 2 cups
20-oz. can = 2 1/2 cups
28.5-oz. can = 3 1/2 cups
56-oz. can = 7 cups

HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL

Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES

Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY

Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED

Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES

Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO

Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON

Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER

Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER

Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL

Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL

Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS SPICES



GINGER

A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM

May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT

Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG

Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO

Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA

A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.



PARSLEY

Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY

Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON

Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE

Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON

Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME

Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



TURMERIC

Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

**Use 3 times more fresh herbs
if substituting fresh for dried.**



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batter	to 1 cup liquid use 1 cup flour
drop batter	to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft dough	to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread.....	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread.....	50 - 75	350°
popovers.....	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
	baked	45 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

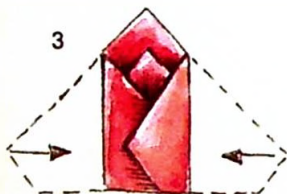
Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

1, 2



3



4



ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

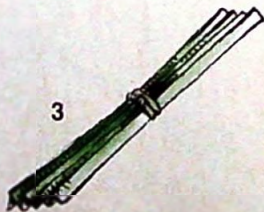
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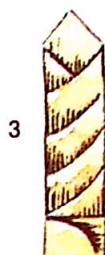
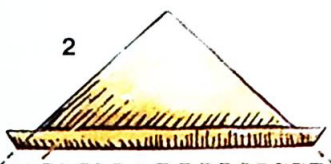
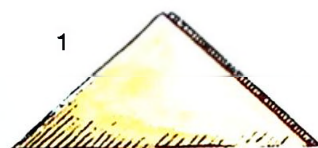
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4



NAPKIN FOLDING



CANDLE

Easy to do; can be decorated.

Instructions:

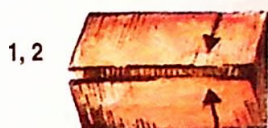
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

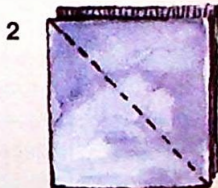
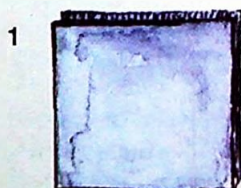


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS SUBSTITUTIONS

MEASUREMENTS

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

C° TO F° CONVERSION

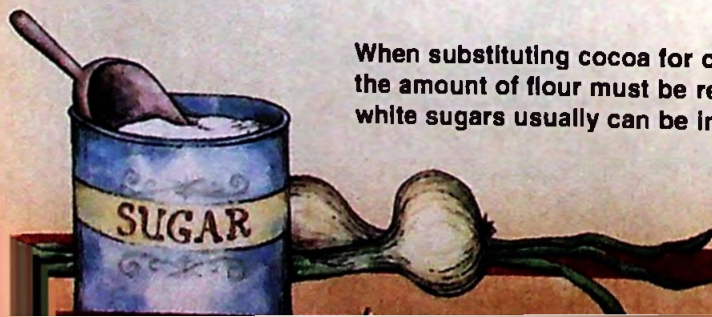
120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

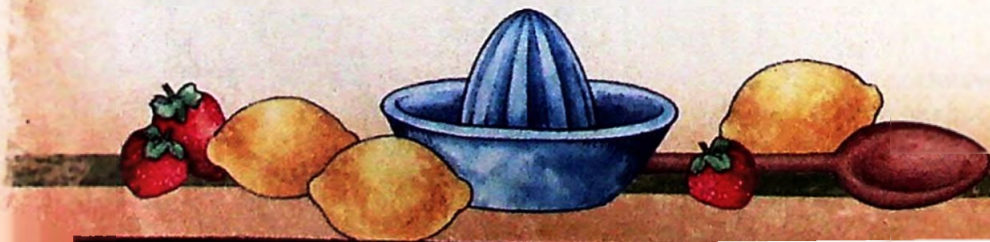
Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/2 cup
bread	1 1/2 slices	1 cup soft crumb
bread	1 slice	1/4 cup fine dry crumb
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 1/2 cups
American, grated	1 pound	3 cups
cream cheese	3-ounce package	3/4 cup
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 1/2 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumb
saltine	28 crackers	1 cup fine crumb
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	3 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 1/2 cups
gelatin, flavored	3 1/4 ounces	1 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoons juice
marshmallows	16	1/2 cup
noodles, cooked	8-ounce package	1 cup
uncooked	4 ounces (1 1/2 cups)	2 1/2 cups cooked
macaroni, cooked	8-ounce package	2 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/2 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumb
zwieback, crumbled	4	1 cup



FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



Refrigerator

(35°)

1 w

2 w

2 w

3 – 4 mo

ese 1 m

utter 2 – 4 w

8 – 20 m

6 – 8 mo

12 mo

1 – 2 w

bles

concentrate 6 c

E

4

12

16

20

28.5

56

COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
---	-----

SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	35
Italian, 1 T.	30
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-130
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	55
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sauteed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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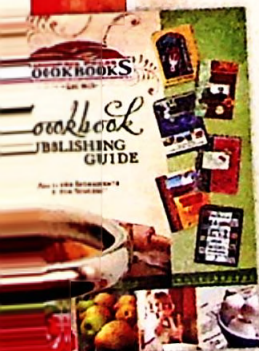
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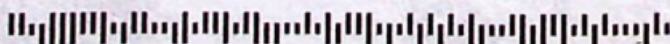
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Food Storage Guidelines



	Refrigerator (35°–40°)	Freezer (0° or lower)
Fresh Meats:		
Beef roasts & steaks	3–4 days	6–12 months
Beef, ground	1–2 days	3–4 months
Veal	1–2 days	4–6 months
Pork chops	2–3 days	4–6 months
Pork roasts	3–5 days	4–8 months
Pork sausage	1–2 days	1–2 months
Bacon	2 weeks	3 months
Ham, whole	1 week	1–2 months
Lamb chops	3–5 days	6–8 months
Chicken & turkey	1–2 days	12 months
Duck & goose	1–2 days	9 months
Fish	1–2 days	3–6 months
Eggs:		
In shell	4–5 weeks	
Hard-boiled	5 days	

Dairy:

	Refrigerator (35°–40°)	Freezer (0° or lower)
Cottage cheese	1 week	2 weeks
Sour cream	2 weeks	
Yogurt	2 weeks	
Hard cheese	3–4 months	6 months
Processed cheese	1 month	6 months
Ice cream		2 months
Margarine & butter	2–4 weeks	9 months
Milk	8–20 days	

Other:

	Refrigerator	Freezer
Mustard	6–8 months	12 months
Mayonnaise	12 months	
Bread	1–2 weeks	3 months
Frozen vegetables		8 months
Frozen fruit		1 year
Fruit juice concentrate	6 days	1 year



General Slow Cooker Tips

Oven Time	Slow Cooker High HIGH Setting = 300°F	Slow Cooker Low LOW Setting = 200°F
15–30 min.	1 1/2–2 1/2 hrs.	4–6 hrs.
35–45 min.	2–3 hrs.	6–8 hrs.
50 min.–3 hrs.	4–5 hrs.	8–18 hrs.
Food	Slow Cooker High	Slow Cooker Low
Pot Roast	4–5 hours	8–12 hours
Stew	5–6 hours	10–12 hours
Ribs	5–6 hours	8–9 hours
Swiss Steak	5–6 hours	10–12 hours
Casserole	2–4 hours	4–9 hours
Rice	2–3 hours	5–9 hours
Meat Loaf	3–4 hours	8–10 hours
Chicken	3–4 hours	7–10 hours
Vegetables in liquid	1–3 hours	2–4 hours
Baked Potato	2–4 hours	8–10 hours

Cooking times are general guidelines. Most uncooked meat and vegetable combinations require 8 hours on LOW. Check your slow cooker's manual.



Equivalents

dash	< 1/8 tsp.
1 T.	= 3 tsp.
4 T.	= 1/4 cup
5 1/2 T.	= 1/2 cup
8 T.	= 1/2 cup
10 1/2 T.	= 3/4 cup
12 T.	= 3/4 cup
16 T.	= 1 cup
1 cup	= 8 fluid oz.
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon
12-oz. can	= 1 1/2 cups
16-oz. can	= 2 cups
20-oz. can	= 2 1/2 cups
28.5-oz. can	= 3 1/2 cups
56-oz. can	= 7 cups

